



2017 Summer Fun & Learning for Youth

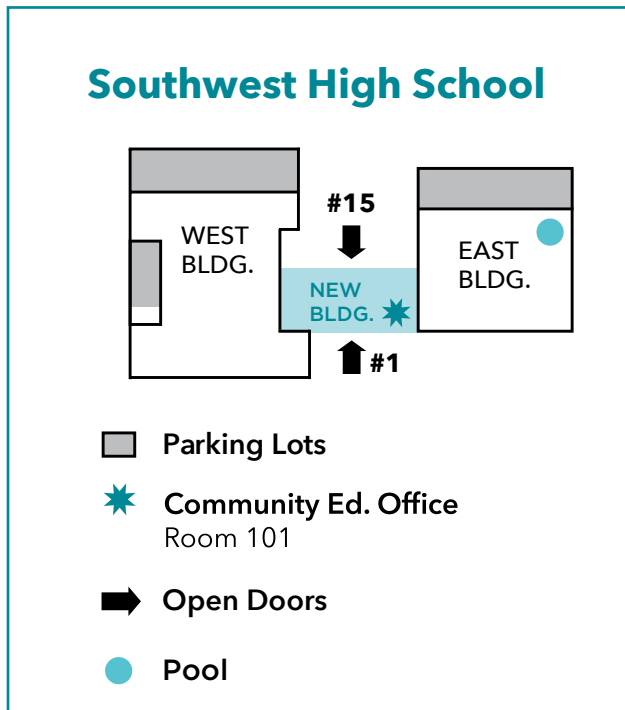
**Super Summer Classes • Sports/Arts Plus • Swimming Lessons
Theatre Arts • Recreation & Trek Programs • CAHOOTS + More**

Southwest Super Summer Program



Dear Families,

We would like to invite your child to join us for our 2017 Super Summer Program. This program offers a wide variety of positive, asset-building, educational enrichment and recreational opportunities for children pre-kindergarten through 8th grade. The program is open to all interested children; you are always welcome at Southwest Community Education! You can pick and choose activities in the morning (9:30 a.m. to noon), in the afternoon (1-3:30 p.m.), or both. You can also send your child with a lunch to our supervised lunch hour.



Additionally, we offer the option of a **pre-program drop off (PSSP)** at 8:15 a.m. – see page 110 for details. We also want to remind you about our **Trek Program** for middle-school youth aged 12-14. The Trek Program offers hiking, canoeing and biking—see page 120 for details!

We are also pleased to be offering swim lessons and open swim at the Southwest H.S. pool this summer. Please see pages 122-123 for details.

Each class runs for four days, Monday through Thursday except Week 3 when classes run Monday, Wednesday through Friday (no class Tuesday, July 4). You can pick and choose classes at your convenience throughout the summer without disrupting vacation plans or holidays. Best of all, the price is right! The average cost of attending is \$60 for a half day and \$120 for a full-day.

Our office is open Monday through Thursday 3-9 p.m. before the program begins and Monday through Thursday 8:30 a.m. to 4 p.m. during the program. We are not open Fridays. For more information, call **612.668.3100**.

If you've been looking for special experiences and diverse educational opportunities for your children, we invite you to join us for our 2017 Southwest Super Summer Program!

Sincerely,

Dave Premack
Southwest Community Education

Frequently Asked Questions about SSP

Who can participate in this program?

All children grades Kindergarten through 8th grade. Class grades reflect the current grade of the child.

Are there any residency requirements?

No. Our program is open to all interested participants. You are always welcome at Southwest!

What are the dates for the program?

There are six separate weeks of classes:

- | | |
|--------------------|--------------------|
| Week 1: June 19-22 | Week 4: July 10-13 |
| Week 2: June 26-29 | Week 5: July 17-20 |
| Week 3: July 3-7* | Week 6: July 24-27 |
- *No class July 4

What is the size of a SSP class?

Classes are limited to 12-14 students. We encourage you to register promptly as many classes fill quickly.

Are there waitlists for full SSP classes?

No, we do not offer waitlists for full classes. The best time to check on the current status of a full class is Wednesday afternoon the week before class begins.

What will my child learn/do?

The descriptions in this brochure are designed to give you a general idea of what your child might do. However, each teacher creates their own lesson plan. We encourage our teachers to be flexible and creative in their planning so they can offer a unique experience for your child.

Where can I park?

Parking is permitted on some sides of residential streets, please refer to permit parking only sides of the street. Parking is also permitted in all Southwest parking lots (see page 106).

What happens if the weather is bad?

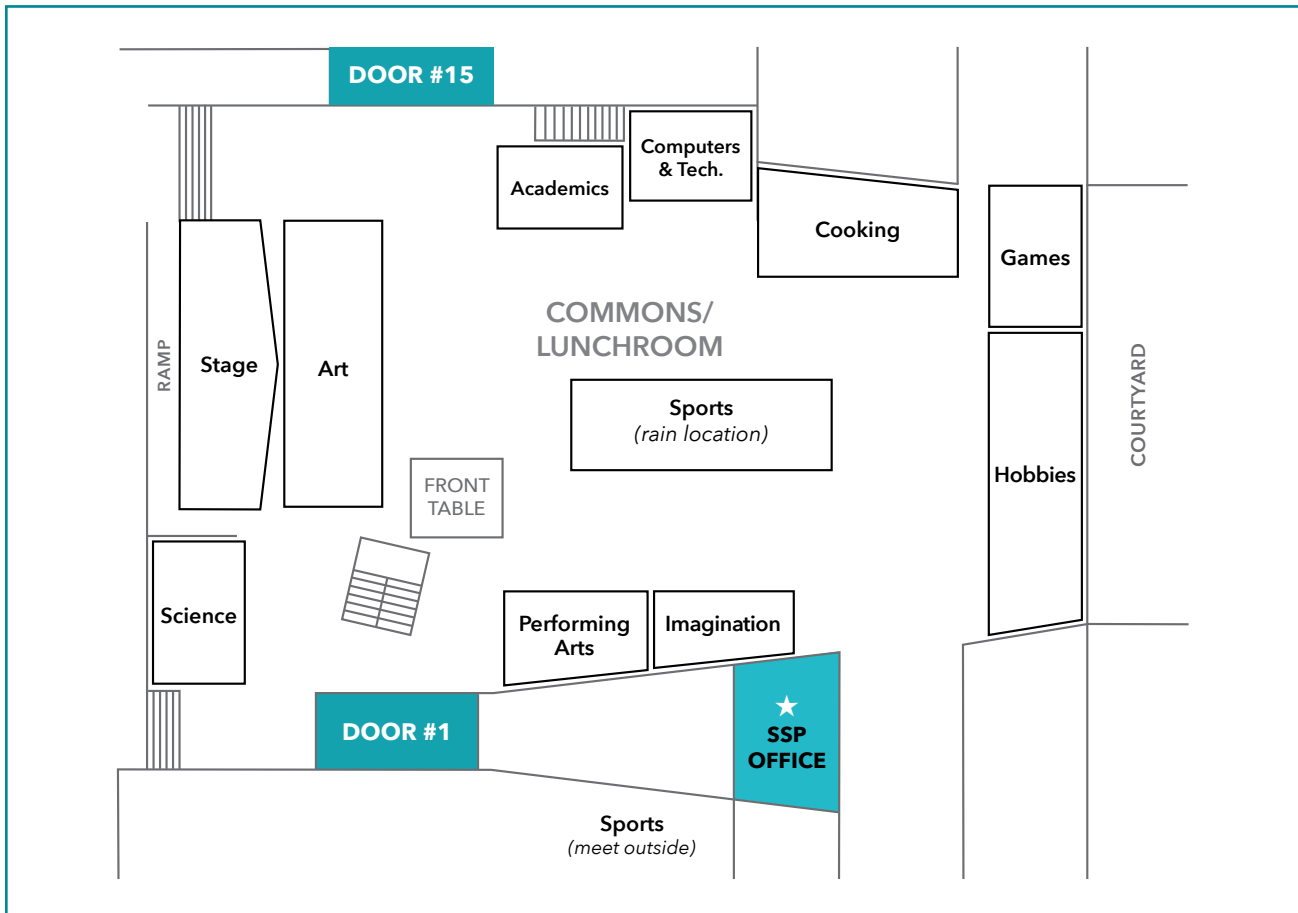
We'll move indoors for alternative related activities.

Where do I bring my child(ren) when classes start?

Bring them to the new main door of the center addition of Southwest High School (Door #1 at W. 47th St & Beard Ave.) or to the cul-de-sac on the North side of the center addition (door #15) just up the street from W. 46th St & Beard Ave.)

Have questions?

Please call us at 612.668.3100.



Southwest Super Summer Classes



Academics

American Girls Collection & Tea Party (Grades 1-3)

Share the worlds of Addy, Kaia, Kit and Julie, all while learning about America's history. Discover what has changed about growing up, make crafts from the past and have a tea party, too!

9:30 am-noon	Wks: 3, 5
1-3:30 pm	Wks: 2, 4
	\$60

American Sign Language (Grades 4-8)

Gain basic exposure to the American Sign Language (ASL) vocabulary, numbers, alphabet and ASL syntax, as well as Deaf culture.

9:30 am-noon	Wks: 1, 3, 5
	\$60

Babysitting: American Red Cross (Grades 5-8)

Put together a creative babysitting kit and learn what kinds of games and activities are appropriate for specific ages. Practice and be tested on accident and emergency preparedness. You must be 11 years old by the end of class and pass a skills test to receive a certificate of completion.

9:30 am-noon	Wks: 1, 2, 3, 4, 5, 6
1-3:30 pm	Wks: 1, 2, 3, 4, 5, 6
	\$75

Creative Writing 1 (Grades 2-4)

Do you have a creative imagination? Write and illustrate your own stories, develop your unique style and form, share your work and use your imaginations to the fullest!

9:30 am-noon	Wks: 1
1-3:30 pm	Wks: 4
	\$60

Creative Writing 2 (Grades 5-8)

Experienced authors, take your storytelling skills to the next level. Further establish your personal style and writing persona, share your stories and compile your work into a book.

9:30 am-noon	Wks: 2
1-3:30 pm	Wks: 5
	\$60

Debate 101 (Grades 5-8)

Conquer the fundamental structure and organization of debate. Develop persuasive and logical arguments for hot-button issues and make your voice heard.

9:30 am-noon	Wks: 6
1-3:30 pm	Wks: 3
	\$60

Register now and make sure you get into your favorite classes! We're online at mplscommunityed.com.

Graphic Novels (Grades 4-7)

Discover visual storytelling through styles from around the world. Storyboard, sketch and refine your first epic graphic novel.

1-3:30 pm	Wks: 1, 3, 5
	\$60

Harry Potter Adventures (Grades 2-4)

Expecto Patronum! Unleash your inner wizard! Explore Hogwarts, brew magical potions and become Ollivander's apprentice to master wand-making. Share your experiences with friends at Diagon Alley!

9:30 am-noon	Wks: 2, 4, 6
1-3:30 pm	Wks: 1, 3, 5
	\$60

Journalism: Create A Newspaper (Grades 3-6)

Extra! Extra! Read all about it! Sharpen your investigative and reporting skills by creating a newspaper complete with photos, interviews, stories and reviews.

9:30 am-noon	Wks: 2
1-3:30 pm	Wks: 5
	\$60

Little House on the Prairie (Grades K-2)

Explore the frontier with Laura, Mary and the rest of the Ingalls Wilder family. Craft like you're an old-fashioned kid, play frontier games, make prairie treats and learn about life in the 1880s.

9:30 am-noon	Wks: 1
1-3:30 pm	Wks: 6
	\$60



Math Challenge! (Grades 5-8)

Prepare for high school math team and enjoy sum exciting challenges. Odds are you can count on having an exponentially fun time!

9:30 am-noon	Wks: 3
1-3:30 pm	Wks: 6
	\$60

Mock Trials: It's the Law!

(Grades 5-8)

Get ready to become a lawyer: Examine case materials and develop your own case. Justice will prevail!

9:30 am-noon	Wks: 4
1-3:30 pm	Wks: 1
	\$60

Mythology: The Hero's Journey (Grades 2-4)

Cross from the known into the unknown and meet ancient mythological beasts, heroes and deities from the cultures of Greece, Rome, Egypt, Japan and more. Create your own myths to explain the wonders of the world.

1-3:30 pm	Wks: 2, 4, 6
	\$60

Poetry (Grades 4-7)

Read all of your favorite poets, write your own and you'll surely show it. You've got what it takes, you'll have your big break, it's a skill; you'll never outgrow it!

9:30 am-noon	Wks: 2, 4, 6
	\$60

Warrior Cats (Grades 3-6)

Explore feral cats, forbidden love and the forces of good versus evil when you join us for a fantasy-filled, nature-themed time with "Warriors." Discuss, reenact and experience exciting adventures in the style of Eric Hunter's book series.

9:30 am-noon	Wks: 5
1-3:30 pm	Wks: 2
	\$60

Have questions about Super Summer at Southwest?

Call 612.668.3100 or email dave.premack@mpls.k12.mn.us



Arts & Crafts

Advanced Drawing

(Grades 4-7)

Develop your artistic eye both in the studio and in nature. Use pencils, charcoal and ink to express what you experience every day.

9:30 am-noon	Wks: 1, 5
1-3:30 pm	Wks: 2, 6
	\$60

Card & Paper Making

(Grades 4-6)

Press pulp, cut cards and unleash your inner DIY demons. Make one-of-a-kind paper and stationary to take home and enjoy!

1-3:30 pm	Wks: 2, 4, 6
	\$60

Clay Time (Grades 1-3)

Sculpt your heart out! Let your creativity flourish with clay creatures, bowls and blobs. Try wheel, hand and tool shaping to make one-of-a-kind items.

9:30 am-noon	Wks: 1, 3, 5
1-3:30 pm	Wks: 2, 4, 6
	\$60

Duct Tape Creation

(Grades 3-6)

Duct tape can do more than just fix things. Use it to create your own goodies: bags, wallets, flowers or clothing. Come get stuck on duct tape!

9:30 am-noon	Wks: 1, 3, 5
1-3:30 pm	Wks: 1, 2, 3, 4, 5, 6
	\$60

Arts & Crafts

Extravaganza (Grades K-2)

Challenge your creativity as you craft masterpieces using paint, paper maché, sand paints, inks and more.

9:30 am-noon	Wks: 2, 4
1-3:30 pm	Wks: 1, 3
	\$60

Fun With Drawing

(Grades K-2)

Express what you see, touch, smell, hear and taste every day. Use pencils, charcoal, crayons and pastels to improve your drawing skills in the studio and in nature.

9:30 am-noon	Wks: 2, 4, 6
1-3:30 pm	Wks: 1, 3, 5
	\$60

Garden Crafts (Grades PK-1)

Gardening is so much more than watering and weeding. Create fun garden additions such as pine cone bird feeders, egg carton flower gardens and animal flower planters.

9:30 am-noon	Wks: 1, 3, 5
1-3:30 pm	Wks: 2, 4, 6
	\$60

Henna (Grades 5-8)

Design and apply original tattoos with henna, an herbal paste used to create temporary body art. Explore the history, secret recipes and application techniques from Somalia to Morocco.

9:30 am-noon	Wks: 1, 3, 5
1-3:30 pm	Wks: 2, 4, 6
	\$60

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The Pre-SSP Program

What is PSSP?

Early morning drop-off care from 8:15-9:15 am, before our Southwest Super Summer morning classes. Students can participate in open gym, low-key games, or read.

What weeks are available for PSSP?

PSSP will be offered all six weeks of our SSP program.

How much is PSSP?

The cost for PSSP is \$20 per (4-day) week.

How do I sign up for PSSP?

Check the box on the left hand side of the SSP Registration form on page 121 for each week you wish to enroll. Payment for PSSP can be included with your regular SSP payment. You may also register online at mplscommunityed.com.

What is the refund policy for PSSP fees?

The refund policy is the same as for SSP. See page 121 for more details.

Can I just sign up for several days of PSSP?

No. You must enroll your child for the full week of PSSP. Fees are strictly on a per week basis and must be paid in advance to reserve your spot. We do not accept drop ins, guests or part-time enrollment.

Have questions?

Call us at 612.668.3100 for more information.

Arts & Crafts

Continued from page 109

Jewelry Making (Grades 3-7)

Make earrings, bracelets and necklaces that sparkle and shine using pre-drilled stones, beads, wires, hemp and other supplies.

9:30 am-noon	Wks: 1, 3, 5
1-3:30 pm	Wks: 2, 4, 6
	\$60

Junk Yard Art (Grades 2-4)

One person's trash is another's treasure—your treasure! Reinvent knick knacks and recyclables into pieces of art and showcase them in an art gallery.

9:30 am-noon	Wks: 2, 4, 6
1-3:30 pm	Wks: 1, 3, 5
	\$60

Molding & Casting (Grades 4-7)

Explore a variety of ways to replicate small-scale household objects with materials like chocolate, soap and more. You can cast anything—bones, buttons and even Oreo cookies.

1-3:30 pm	Wks: 1, 2, 3, 4
	\$65

Mosaics (Grades 5-8)

Mix and match your creativity using colorful tiles to assemble beautiful designs. Piece together a lovely mirror, picture frame, trivet, coaster or other unique item.

1-3:30 pm	Wks: 1, 3, 5
	\$60



O-mazing Origami (Grades 3-6)

Transform a simple piece of paper into different shapes: boxes, animals, flowers and more. Fold cranes, jewelry and even blow-up balloons.

9:30 am-noon	Wks: 2, 4, 6
	\$60

Open Studio (Grades 4-8)

Perfect your favorite medium in a creative space! From sculpting to marbled books and acrylic or watercolor painting, you decide what you want to create.

9:30 am-noon	Wks: 2, 4, 6
1-3:30 pm	Wks: 1, 3, 5
	\$60

Paintabulous! (Grades PK-1)

Brush up on your painting skills. Dabble in watercolors, finger paints and tempera to create masterpieces.

9:30 am-noon	Wks: 1, 3, 5
1-3:30 pm	Wks: 2, 4, 6
	\$60

Painting for The Pro (Grades 4-7)

Are you a future Rembrandt, Picasso or O'Keeffe? Fine-tune your technical skills while having technicolor fun. Get tips from our teachers as you unleash your inner artist.

9:30 am-noon	Wks: 2, 4, 6
	\$60

Pottery (Grades 5-8)

Explore different techniques of this old art form, including pinch pots, coil, slab and wheel throwing. Due to the length of class, clay projects are not fired.

9:30 am-noon	Wks: 1, 2, 3, 4, 5, 6
1-3:30 pm	Wks: 1, 2, 3, 4, 5, 6
	\$60

Puppet & Animal Making (Grades PK-1)

Use yarn, paper bags, markers, puffy paint, glitter and more to make your own little friends. Write a story and perform a puppet show.

9:30 am-noon	Wks: 2, 4, 6
	\$60

Pysanky: Ukrainian Egg Dying (Grades 5-8)

Experiment with a wax and dip dye method and add your delicate drawings to an eggshell, just as they do in eastern Europe.

1-3:30 pm Wks: 1, 3, 5
\$60

Room & Locker Décor (Grades 3-6)

Personalize your space with everything from wall art to jewelry boxes and mirror frames to picture collages.

1-3:30 pm Wks: 2, 4, 6
\$60

Sew & Stitch (Grades 2-4)

Learn to sew by hand using different stitches and make pillows, stuffed animals, handbags and more.

9:30 am-noon Wks: 1, 3, 5
\$60

Sewing: Machines (Grades 4-8)

Make a pattern, wind the bobbin, thread the needle, thumb's a throbbin'—don't forget your thimble! Sew pillows, tote bags, doll clothes and more.

9:30 am-noon Wks: 2, 4, 6
1-3:30 pm Wks: 1, 3, 5
\$60

T-Shirt Design (Grades 3-6)

Experiment with traditional tie-dye techniques, fabric paints, stencils, and other items to make your shirts, socks and hats funk-a-delic. Bring old clothes and dye-ables to class.

9:30 am-noon Wks: 1, 3, 5
1-3:30 pm Wks: 2, 4, 6
\$60

Woodscrap Sculpture (Grades PK-1)

Use wood scraps and your imagination to construct unique sculptures: space ships, race cars, strange animals and more.

9:30 am-noon Wks: 2, 4, 6
1-3:30 pm Wks: 1, 3, 5
\$60

Computers & Technology



Coding (Grades 5-8)

We've breached the mainframe! Explore basic coding languages and create simple scripts with a team of aspiring computer scientists.

1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$60

Easy Typing (Grades 4-8)

Become a whiz at typing without looking at the keyboard! Practice correct finger placement and track your progress as you learn how to type more quickly and accurately.

1-3:30 pm Wks: 1, 3, 5
\$60

Garage Band (Grades 4-8)

Riff your way around Garage Band to make music without any musical knowledge. Learn how to use drums, bass, guitar, keyboards, percussion and special effects to create a unique track. Bring headphones and a flash drive each day.

9:30 am-noon Wks: 1, 3, 5
1-3:30 pm Wks: 2, 4, 6
\$60

LEGO Robotics EV3 (Grades 4-8)

Build complex robots using advanced LEGO Robotics kits that utilize various sensors, including sound and ultrasonic.

9:30 am-noon Wks: 1, 3, 5
1-3:30 pm Wks: 2, 4, 6
\$65

LEGO Robotics for Little Ones (Grades 1-3)

From boats to bridges to remote control cars, build to your heart's content while learning problem solving skills along the way.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$65

Minecraft (Grades 3-6)

Delve into the interactive and creative world of one of the most popular games. Use your imagination to create new 3-D worlds for your friends to explore.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$60

Movie Making (Grades 5-8)

Is that you, Steven Spielberg? Storyboard, scout locations, and spend the week writing, shooting and starring in your own short film. Premier your masterpiece at the SSP film festival.

1-3:30 pm Wks: 1, 3, 5
\$60

Stop Motion Animation with Stikbots (Grades 3-6)

Use Stikbots, Post-it note drawings and other figures to create stop motion animations. Change one thing in each frame, snap a new picture and compile videos to share in a film festival.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
\$60

Web Page Workshop (Grades 4-8)

Work with software that will help you organize your own ideas into a web page, and design and create content that supports your concept. You will need an email address.

9:30 am-noon Wks: 4, 6
1-3:30 pm Wks: 1, 3
\$60



Cooking

Around The World (Grades 4-6)

Cook your way across the globe by experiencing a different culture and cuisine each day. Prepare traditional dishes from Greece, Israel, India and more. At the end of the week, make a recipe book to take home.

9:30 am-noon Wks: 1, 3, 5
\$60

Bread Baking & Sweet Rolls (Grades 3-6)

Tie on your apron and prepare savory and sweet delights such as cinnamon rolls, pizza dough, French bread or your own artisanal bread. Visit nearby Great Harvest Bread Company to see the experts at work.

9:30 am-noon Wks: 1, 3, 5
1-3:30 pm Wks: 2, 4, 6
\$60

Breakfast All The Time (Grades 4-8)

Make the most of your most important meal of the day by learning recipes for pastries, pancakes, flaky French croissants, Belgian waffles, Norwegian gjestost with jam, Costa Rican gallo pinto or Japanese miso soup with tomagoyaki.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
\$60

Register for classes online at mplscommunityed.com.

Cake Creations & Decorations (Grades 3-6)

Have your cake, and eat it, too! Bake and decorate extravagant cakes, like bundt, layer, tiered and soufflé. Learn frosting and decorating techniques, watch experts at work on a trip to Wuollet Bakery, and enter your creations into the SSP Cake Contest.

1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$60

Chinese Cuisine (Grades 4-8)

Satisfy your taste buds when you learn to make homemade egg rolls, cream cheese wontons, fried and steamed dumplings, fried rice, and other Hong Kong classics using steam and stir-fry techniques.

1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$60

French Cooking: Bon Appétit! (Grades 2-4)

Cook up some of France's best dishes, such as crêpes, croissants, croque monsieurs or mousse au chocolat. Showcase your creations at a party on the last day.

9:30 am-noon Wks: 2, 4, 6
\$60

Fruit Sculptures (Grades 2-4)

Construct watermelon sculptures, Mickey and Minnie Mouse cups, fruit caterpillars and more. Even try your hand at creating your own edible flower arrangements!

1-3:30 pm Wks: 1, 3, 5
\$60

Ice Cream, Smoothies & Snow Cones (Grades 2-4)

Mix blizzards, sundaes, and smoothies, and learn to make ice cream the old-fashioned way so you can enjoy a frozen treat on a hot summer day.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$60

Itsa' Pasta & Pizza Time (Grades 3-6)

Prepare great-tasting Italian fare, including homemade soups, entrées, desserts and pasta with a pasta roller.

9:30 am-noon Wks: 2, 4, 6
1-3:30 pm Wks: 1, 3, 5
\$60

State Fair Fare (Grades 4-7)

Come to the great SSP get together! Make pronto pups, spam sushi and all of your other favorites on a stick.

9:30 am-noon Wks: 2, 4, 6
\$60

The Great Outdoors (Grades 4-7)

Go beyond the s'more and prepare full-scale meals in the great outdoors using propane stoves, dutch ovens, solar ovens and barbecues. Rain or shine, its time to dine.

1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$60

You Can Cook It Yourself! (Grades 2-4)

You don't have to be a grown-up to cook at home. Learn how to measure, mix, mash and more so you can create banana bread, grilled cheese, quesadillas, French toast, BLTs, sandwich wraps and other tasty dishes all by yourself.

9:30 am-noon Wks: 1, 3, 5
1-3:30 pm Wks: 2, 4, 6
\$60



Hobbies

3-D Modeling & Rendering (Grades 5-8)

Hit the drafting board and design your own floor plans and buildings. Use your drawings to create 3-D models of your ideas before using software to create 3-D renderings.

1-3:30 pm Wks: 1, 3, 5
\$60

CO₂ Race Car Derby (Grades 4-7)

Construct a handheld Pinewood Derby race car fueled by a CO₂ cartridge. Propel your car at jet speed for the official race on the last day.

9:30 am-noon Wks: 1, 2
noon-3:30 pm Wks: 5, 6
\$65

Fishing: Minnows & Muskies (Grades PK-8)

Spend the day at Lake Harriet and try to catch the big fish — Reginald, the 60-pound muskie. Learn how to properly bait your hooks, reel in the fish and release them. Bring a labeled fishing rod. Bait is included.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$60

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Games

Arcade Creations (Grades 3-6)

Discover what goes into creating a hit arcade game through a design-and-build process. Get inspired by scientific and mechanical challenges using wires, lights, electronic parts, motors, chains, wheels and everyday objects.

1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$60

Card Games (Grades 4-7)

Master entertaining card games to play on your own or with a group! Meet like-minded friends and create a game of your own.

1-3:30 pm Wks: 2, 4, 6
\$60

Chess Skills 1: Square One! (Grades 1-3)

Leap beyond checkers! Challenge yourself and improve patience, decision making, planning, imagination, and focus by playing chess.

9:30 am-noon Wks: 1, 4
1-3:30 pm Wks: 2, 5
\$60

Chess Strategies 2: Checkmate! (Grades 4-8)

Call checkmate in just two moves! Improve your analytical skills, concentration and memory, all while having fun playing chess. Participate in a tournament on the last day.

1-3:30 pm Wks: 2, 4, 6
\$60

Magic The Gathering & Beyond (Grades 4-8)

Test your sorcerer skills against others and our Magic master teachers! Strategize, build a great deck, trade with others and compete in the "Big 4" tournament for a pack of cards. Cards available for \$15.

9:30 am-noon Wks: 2, 4, 6
1-3:30 pm Wks: 1, 3, 5
\$60

Pokémon 1: Adventures Go! (Grades K-2)

Create your own adventures and new characters with special secret powers. Trade cards, play tag with Pikachu, sing with Jigglypuff and test your special powers in a variety of fun activities. Cards available for \$15.

9:30 am-noon Wks: 2, 3, 5, 6
1-3:30 pm Wks: 1, 3, 4, 6
\$60

Pokémon 2: Next Generation (Grades 3-7)

Pokémon players have grown up, and so has Pokémon. Learn about new Pokémon characters with enhanced powers, game-play concepts and new game strategies. Cards available for \$15.

9:30 am-noon Wks: 1, 3, 5
1-3:30 pm Wks: 2, 4, 6
\$60

Have questions about Super Summer at Southwest?

Call 612.668.3100 or email dave.premack@mpls.k12.mn.us



Hobbies

Continued from page 113

Geocaching (Grades 3-6)

Adventure outdoors to hike, explore and use a handheld GPS to locate treasure caches. Have fun searching for the loot as you learn the basics of reading a map and using a compass.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
\$60

Horses & Horseback Riding (Grades 3-6, Ages 8+)

Learn about horse breeds, behavior, riding, and care. Split your time between grooming a pony and riding on the trail. You must have a signed release to ride, and wear long pants and closed-toe shoes on stable days. Fee includes transportation to and from Bunker Hills. Classes run from 9 a.m.–1 p.m. Wednesday and Thursday.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
\$75

Milk Carton Boat Racing (Grades 4-7)

Divide in teams to design and build your own milk carton boat to race in the Southwest pool. Life jackets provided but students should be comfortable in the water.

1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$60

Have questions about SSP?

Call 612.668.3100 or email dave.premack@mpls.k12.mn.us

Pet Care & Pet Toy Making (Grades 1-4)

Create toys for your pets and learn how to care for a wide variety of animals. If time allows, we will visit and tour Westgate Pet Clinic.

1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$60

Photography (Grades 3-7)

Master basic concepts such as lighting and composition, use software to properly edit your photos and then print them for review. Bring your own camera each day.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
1-3:30 pm Wks: 2, 4, 6
\$60

Ponies Only (Grades K-1)

Build a model ranch as you learn about horses and ponies. Do crafts, sing songs and play western games. On Wednesday, visit Bunker Hills Stables to learn how to care for ponies; wear long pants and closed-toe shoes. Class runs from 9 a.m.–1 p.m. on Wednesday. Transportation included.

9:30 am-noon Wks: 1, 3, 5
\$65

Rocketry 1: Rocketeers (Grades 3-6)

Assemble, paint and launch your own rocket as you learn about the fundamentals of rocketry.

9:30 am-noon Wks: 1, 3, 5, 6
1-3:30 pm Wks: 1, 2, 4, 6
\$65

Classes fill quickly—register now to make sure you get into your favorites! We're online at mplscommunityed.com.

Rocketry 2: Veteran Rocketeers (Grades 5-8)

Learn about the physics behind rocket propulsion and the latest developments in rocket science. Make a big rocket to launch on the last day of class. Previous rocket building experience required.

9:30 am-noon Wks: 2, 4
1-3:30 pm Wks: 3, 5
\$65

Spa-riffic: Hair-Styling, Nails & Make-Overs (Grades 5-8)

Paint your nails, try different facials and discover unique ways to braid and decorate your hair with beads, barrettes, and ribbons. Bring a brush, comb, hairpins and hair ties to class.

9:30 am-noon Wks: 1, 3, 5
\$60

Star Wars (Grades 3-6)

A long time ago in a galaxy far, far away... the young padawans at Southwest Super Summer Program traveled the galaxy to fight evil, create their own light sabers and become official Jedi. Awaken the force in you!

9:30 am-noon Wks: 2, 4, 6
1-3:30 pm Wks: 1, 3, 5
\$60

Wood Shop with Mr. Harper (Grades 5-8)

Master the "how-to's" of woodworking in a fully functional shop. Complete a project (a bookcase, spice rack or side table) where you'll cut and shape the wood, assemble and finish it!

9:30 am-noon Wks: 3, 4, 5, 6
\$60





Imagination

Bulldozers, Fire Engines & Trains (Grades PK-2)

Climb aboard as we discover all kinds of big rigs! Sit inside a real fire truck, create model construction sites and play lots of train-themed games.

1-3:30 pm Wks: 2, 4, 6
\$60

Forts & Exciting Living Spaces (Grades PK-2)

Make forts out of boxes, blankets, tubes and tunnels. Set up a tent, and design your own tree fort.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$60

How to Be a Private Detective (Grades PK-2)

There's a mystery to solve and we need your help catching the culprit! Make wanted signs, interview suspects, go undercover and solve the mystery.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$60

Jungle Adventures (Grades PK-2)

Swing into the safari and find animal friends, play themed games, practice jungle calls and learn how to dance like your favorite animal.

1-3:30 pm Wks: 1, 3, 5
\$60

Kindercamp (Grades PK-K)

Make unique art projects, sing funny songs, play exciting games, use your imagination, read wonderful books and act out stories in a class designed just for our youngest of participants.

9:30 am-noon Wks: 1, 3, 5
\$60

Magic Tree House (Grades PK-2)

Travel with Jack and Annie aboard the Magic Tree House to visit different times and places. Read a couple of Magic Tree House adventures and create crafts to go with each story.

1-3:30 pm Wks: 1, 3, 5
\$60

Mermaids & Unicorns

(Grades PK-2)

Learn the mythology of mermaids and unicorns as you create stories, do crafts and play games.

9:30 am-noon Wks: 2, 4, 6
\$60

Pixie Hollow: You're The Fairy (Grades PK-2)

Become a fairy in Pixie Hollow just like Tinkerbell and her friends. Make a pair of wings, add pixie dust and find your talent.

1-3:30 pm Wks: 2, 4, 6
\$60

Superheroes (Grades PK-2)

Explore the world of superheroes from comic books, film and TV before you create your own. Write a backstory, test your powers and save the day!

9:30 am-noon Wks: 2, 4, 6
\$60

Underwater Explorers (Grades PK-2)

Dive into adventure as you explore the deep sea. Travel by submarine to discover what plants and fish are in the sea and search for Nemo and Dory.

9:30 am-noon Wks: 1, 3, 5
\$60





Performing Arts

Audition Techniques For The Theatre (Grades 6-8)

Find the audition piece that plays to your strengths, create an acting résumé, prepare a monologue, and work on a song or dance combination. Participate in a mock audition and get feedback to help you refine your presentation.

9:30 am-noon Wks: 2, 4
\$60

Broadway, Here We Come! (Grades 3-6)

Turn the lights on, pull the curtain up! Learn the proper ways to move and speak on stage. Use popular shows for inspiration as you write your own show, select costumes and props, and perform on the last day of class.

9:30 am-noon Wks: 1, 2, 4, 5, 6
1-3:30 pm Wks: 1, 2, 3, 4, 6
\$60

Comedy Sketches & Improvisation (Grades 6-8)

Write and perform laugh-out-loud comedy sketches from observing everyday life, just like they do at Comedy Sports or on Saturday Night Live. Fine-tune the art of improv acting by playing popular games and wrap up the week with an improv showcase!

9:30 am-noon Wks: 3
1-3:30 pm Wks: 5
\$60

Dance Sampler (Grades 1-3)

If you love to move, come sample a variety of dance styles, including ballet, tap, modern and jazz. Choreograph an original dance and perform on the last day.

9:30 am-noon Wks: 1, 3, 5
\$60

Dancing Through Time (Grades 5-8)

Travel through time as you learn a new dance each day. Practice the tango, Charleston, Lindy hop, jive, moonwalk, robot and more.

9:30 am-noon Wks: 2, 6
\$60

Guitar for Beginners (Grades 3-7)

You don't need to know how to read music to enjoy this class. Practice strumming, finger-picking, melodies and songs. Build your guitar skills by learning simple folk and rock songs. Bring your own guitar each day.

9:30 am-noon Wks: 4, 6
\$60

Hip Hop Dance (Grades 3-6)

Bust a move while you learn the foundations of break dance and urban styles. Perform cool dance tricks in a show on the last day. Wear comfortable clothes and tennis shoes, and bring a water bottle.

1-3:30 pm Wks: 1, 3, 5
\$60

Pitch Perfect: A Cappella (Grades 4-8)

Engage in vocal exercises and proceed to create an a cappella song, just like in "Pitch Perfect." Layer vocal bass, percussion and harmonies to today's most popular songs.

9:30 am-noon Wks: 5
1-3:30 pm Wks: 3
\$60

Song Writing (Grades 4-8)

Everything in life can inspire the perfect set of lyrics. Study current and former songwriters, and learn about the structure of songs, including the verse, chorus and bridge. Write a rock and roll song, a slow ballad or a rap.

9:30 am-noon Wks: 4, 6
\$60

Theatre Behind the Scenes (Grades 6-8)

See what happens behind the curtain in the world of technical theater. Understand what it takes to put on a play when you identify the needs of scenery, costumes, make-up, lighting, sound and props.

9:30 am-noon Wks: 3
1-3:30 pm Wks: 5
\$60

Triple Threat! (Grades 6-8)

Learn to sing, act and dance like a Broadway star! Practice dances from Tony award-winning shows like Hairspray or Hamilton while exploring your character acting and vocal technique. End the class with a musical theater showcase.

1-3:30 pm Wks: 2, 4, 6
\$60



Sports & Recreation

Badminton & Pickleball (Grades 4-8)

Learn the old and the new in this combination class. Pass birdies over a net in badminton before you take the concepts to the next level with pickleball.

9:30 am-noon Wks: 1, 4
1-3:30 pm Wks: 5
\$60

Basketball—Beginner (Grades 2-5)

Up your game by improving your dribbling, passing, teamwork strategy and shots while enjoying a great workout.

9:30 am-noon Wks: 2, 4, 6
1-3:30 pm Wks: 1, 3, 5
\$60

Basketball—Advanced (Grades 4-8)

If you're an advanced player, join us to take on others at your level. Improve your technical skills and brush up on your basics before competing in a tournament on the last day.

9:30 am-noon Wks: 1, 3, 5
1-3:30 pm Wks: 2, 4, 6
\$60

Continued on page 118



Science

Bees, Bugs, Beetles & Butterflies (Grades PK-2)

Explore the world of insects. Find out if bees have air conditioners, why ants live on a farm, and why butterflies go south for the winter. Take an insect safari to the Trolley Garden maintained by the Southwest High School Green Team.

1-3:30 pm Wks: 2, 4, 6
\$60

Biology Experiments (Grades 5-8)

Look inside yourself to find out about your senses, and nervous, circulatory and digestive systems. Dissect sheep hearts to see how the heart pumps blood to the entire body and sheep brains to learn the difference between a cerebellum and cerebrum.

1-3:30 pm Wks: 2, 4
\$60

Bubbles, Bubbles & Silly Goo (Grades PK-2)

Find the fun in gunk. Mix secret potions to create goo, slime, Oobleck and bubbles. Come dressed for mess.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$60

Dinosaurs: Dig Those Dinos (Grades PK-2)

Discover giant, meat-eating, duck-billed, horned, armored and plated dinosaurs. Explore the history, habits and habitats of these great dinosaurs.

1-3:30 pm Wks: 1, 3, 5
\$60

Electronics (Grades 5-8)

Zap! Let your hair up with circuits, motors and magnets. From potato powered clocks to perpetual motion machines, the magical world of electricity will shock your socks off.

9:30 am-noon Wks: 2, 4, 6
\$60

Experiments for the Very Young (Grades PK-1)

Learn the mysteries of outer space, perform experiments with water, discover the magic of light and sound, and more. Harness an understanding of the wonders around us.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
\$60

Fun With Science (Grades 2-4)

The world is filled with fascinating mysteries. How do magnets work? Why do volcanoes erupt? If we magnify a drop of water, what will we find? Conduct exciting experiments to learn the answers to these and other questions.

9:30 am-noon Wks: 2, 4, 6
1-3:30 pm Wks: 1, 3, 5
\$60

Out of This World! (Grades 1-3)

Explore the wonders of planets and black holes. Design brochures and make a 3-D model of your own planet, create alien friends and snack on astronaut ice cream.

9:30 am-noon Wks: 1, 3, 5
\$60

Wacky Inventions & Sneaky Stuff (Grades 1-3)

Discover what it takes to become an inventor by doing experiments with everyday household items, like generating electricity with a potato or making plastic out of milk.

9:30 am-noon Wks: 2, 4, 6
noon-3:30 pm Wks: 1, 3, 5
\$60

Have questions about SSP?

Call 612.668.3100 or email dave.premack@mpls.k12.mn.us



Sports & Rec.

Continued from page 117

Bicycle Tours & Maintenance (Grades 4-6)

Join us for biking adventures to nearby lakes and parks. Receive instruction on safety, maintenance and hands-on repair. Learn how to properly fix flat tires, lubricate your gears and chains, change or adjust your gear and brake cables, and adjust your seat and handlebars. Bring your bike, a bike lock, a helmet, snacks and a water bottle.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
\$60

Cross Country Running (Grades 5-8)

Lace up your running shoes and hit nearby trails for some great exercise.

9:30 am-noon Wks: 1, 3, 5
\$60

Flag Football—Beginner (Grades 2-5)

Learn rules, strategies and plays while you enjoy this non-tackle sport.

9:30 am-noon Wks: 2, 4
1-3:30 pm Wks: 3, 5
\$60

Flag Football—Advanced (Grades 4-8)

Seasoned pros: hone your skills and study plays to execute a great game plan in a non-tackle environment.

9:30 am-noon Wks: 1, 3, 5, 6
1-3:30 pm Wks: 1, 2, 4, 6
\$60

Floor Hockey—Beginner (Grades 1-3)

Grab your sticks and sharpen your hockey skills—no skates required. Work with teammates to pass, shoot and score.

9:30 am-noon Wks: 2, 4, 6
1-3:30 pm Wks: 1, 3, 5
\$60

Floor Hockey—Advanced (Grades 4-7)

Shoot, pass, tend goal and practice your break away while enjoying active hockey play in our tournament.

9:30 am-noon Wks: 1, 3, 5
1-3:30 pm Wks: 2, 4, 6
\$60

Lacrosse (Grades 4-7)

Experience and learn the history of one of the fastest growing sports in the country. Practice passing, cradling, shooting and fine-tuning your offensive and defensive skills.

9:30 am-noon Wks: 2, 4, 6
\$60

Ping Pong (Grades 5-8)

Players of all levels are welcome to compete in this Olympic sport. Master the rules, strategies and strokes to play in this fast-paced environment.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$60

Quidditch: Get Your Broom! (Grades 4-7)

Be a seeker, a chaser, a keeper, a beater or even the snitch. Learn how to hold your broomstick and use the official rules of the International Quidditch Association to play this exciting game! Bring your broomstick.

1-3:30 pm Wks: 2, 4, 6
\$60

Soccer—Beginner (Grades 2-5)

Calling all soccer fans! Learn all the basic soccer skills, such as dribbling, passing, heading and trapping. Don't miss the fun and the action!

9:30 am-noon Wks: 1, 3, 5
1-3:30 pm Wks: 2, 4, 6
\$60

Soccer—Advanced (Grades 4-8)

Scrimmage with other experienced players and hone your skills-set to strengthen your competitive play.

9:30 am-noon Wks: 2, 4, 6
1-3:30 pm Wks: 1, 3, 5
\$60

Sports & Recreation Games—Beginner (Grades PK-2)

Hit the field and enjoy ball games, different types of tag, team-building, slip-n-slides and fun with parachutes.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$60

Sports & Recreation Games—Advanced (Grades 3-7)

Hone your teamwork as you play capture the flag, ultimate Frisbee, spud, space ball, kickball and more.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$60

Tennis—Beginner (Grades 2-5)

15-Love! Master the grip and position of the racket, and basic strokes like the forehand, backhand, volley and serve. Bring a labeled racket each day.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$60

Tennis—Advanced (Grades 4-8)

Brush up on your forehand, backhand, volley and serve, and perfect your in-game strategy. Compete in a tournament and master this world-renowned game. Bring a labeled racket each day.

1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$60



Track & Field Olympics

(Grades 3-6)

Learn all of the Minnesota High School League events: relays, shot put, discus, hurdles, high and long jumps, pole vault and javelin.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
\$60

Tumbling Tumbleweeds

(Grades K-2)

See the world from a new angle — upside-down! Practice cartwheels, somersaults, hand-stands, leaps and more. Complete exercises and perform a gymnastics routine on the last day.

9:30 am-noon Wks: 1, 3, 5
1-3:30 pm Wks: 2, 4, 6
\$60

Ultimate Frisbee

Challenge (Grades 5-8)

Pass the disc! Learn all the rules, strategies and techniques in this fast-paced game. End class with an ultimate tournament!

9:30 am-noon Wks: 2, 6
1-3:30 pm Wks: 1, 5
\$60

Volleyball—Beginner

(Grades 2-5)

Learn team strategy, positioning, serves, volleys and set-ups. Work on skill-building and warm-ups before hitting the court for competitive play.

9:30 am-noon Wks: 3, 6
1-3:30 pm Wks: 1, 4
\$60

Volleyball—Advanced

(Grades 4-8)

Hit the court for advanced play. Brush up on your skills, and develop a game plan for a tournament.

9:30 am-noon Wks: 2, 5
1-3:30 pm Wks: 3, 6
\$60

Yoga & Pilates (Grades 5-8)

Explore different styles of yoga and develop your own moves. Spend the week stretching your mind and body.

9:30 am-noon Wks: 1, 3
\$60

Southwest SSP Trek Program

The TREK program emphasizes environmental awareness through three recreation activities: canoeing, hiking and biking. You'll gain a better understanding of the environmental issues that affect personal, societal and global health and learn about efforts to reduce, reuse and recycle. Bring a bag lunch, water and snacks each day! All three activities are offered each week.

Mon-Thu, 9:30 am-3:30 pm • Offered Weeks 1-6

For youth ages 12-14 • Cost: \$125/Week



The Bike Trek

Learn how to prepare yourself and bike for an extended trip by dealing with minor bike maintenance and instruction by repairing common bicycle problems. Take an all-day trip on the Hopkins-Cedar or Luce Line Trails which is a 15-20 mile ride. The environmental component of this trip will deal with air quality, air purification and cleaning devices, air pollutants and allergens. You'll learn how air quality is tested, what devices "clean" the air and how effective these devices are in removing allergens and pollutants from residential and/or commercial applications/environments. Please check over your bike to make sure the tires are inflated fully and that the brakes function properly. A bicycle helmet, water bottles and a good lock is also required.

The Canoe Trek

Canoe on Lake of the Isles and Cedar Lake. To participate, you must demonstrate basic swimming skills and be able to handle yourself in deep water. We will have our Water Safety Instructors confirm your water skills on the first day of class (bring your swimsuit!). After the water test, you'll also review canoeing skills at Lake Calhoun. In addition, you'll conduct a formal water test and learn about water treatment, the methods and effectiveness of water purification and sources of water pollution. The fee covers the cost for the canoe, paddles and required life jackets.

The Hiking Trek

Learn the basics of rock-climbing, hiking and backpacking. Hike and explore the Minnehaha Falls area and study the geological characteristics of the area; examining the impact and consequences of human activity. You'll also learn how we process garbage, what is actually done with our recyclables, and the sources and consequences of ground pollutants.

Register for Trek online at mplscommunityed.com or use the registration form on page 121 plus the permission form on page 123. Trek registrations will not be processed without the permission form.

Have questions about the Trek program?

Call 612.668.3100 or email dave.premack@mpls.k12.mn.us

Trek Program Information



Who can participate in Trek?

The program is open to any student who is 12-14 years old—there are no exceptions to this age requirement.

When can I register for Trek?

You can register for the Trek program immediately. Plan ahead, so that you can register your child with his or her friends. Use the regular registration form on page 121 and the parent permission slip on page 123.

Is there a limit to how many people can attend a Trek program?

Yes. Each Trek is limited to 15 participants per week. Once it's full, it's full. We will, however, sign up 2 additional participants on a waitlist to accommodate cancellations prior to each Wednesday.

What are the refund and transfer policies for Trek?

The Trek refund and transfer policies are same as the rest of our summer classes. Please see the SSP Policies below for more details.

Do I have to sign the permission slip to complete my registration?

Yes. Your child will not be allowed into the Trek program until we receive a permission slip.

Where and when do the students meet for the Trek Program?

They meet outside the Commons area where all the other SSP activities meet—see the map on page 107.

What happens if bad weather interferes with trip plans?

We will substitute the trip with a different activity that is not dependent on the weather. We will, if possible, reschedule the trip, or refund the trip expenses if we are unable to do so.

Have questions?

Call our office at 612.668.3100 or email Dave.Premack@mpls.k12.mn.us.

Super Summer Program Policies

What is the registration deadline?

Registration is on a first-come, first-serve basis. We encourage you to register early. We will continue to accept registrations throughout the summer for any remaining open classes. Please note that online registration will close at 4 p.m. the Wednesday before a class begins. You can however, register in-person the first day of class beginning at 8:30 a.m. All registrations will be confirmed via email once processed.

What is the refund policy?

You are eligible for a refund until 4 p.m. the Wednesday before the class begins. There will be a \$15 processing fee per child, per class, charged for all refunds unless we cancel the class, in which case a full refund will be issued. **No refunds can be issued after 4 p.m. the Wednesday before the class begins, regardless of the reason.** Phone messages left after 4 p.m. Wednesday will not be honored.

What is the transfer policy?

All transfers to other classes need to be made in person or by phone at 612.668.3100 no later than 4 p.m. the Wednesday before each week.

What is the guest policy?

All guests need prior approval from our office, NOT the teacher. The cost for approved guests is \$15 per day, per class. We cannot admit guests to full classes. Guests are limited to two program days. Please contact us one program day in advance to inquire if a guest can be accommodated in a class.

How do I get a receipt for a class?

Your email confirmation acts as your receipt. Should you require additional documentation, please contact our office after July 27.

Have questions?

Call our office at 612.668.3100 or email Dave.Premack@mpls.k12.mn.us.

Four Easy Ways to Register

1. Online

Using your Discover, Visa or MasterCard to pay, go to mplscommunityed.com.

2. By Mail

Mail the registration form on page 121 with your credit card information or a check or money order made payable to *Special School District #1* to:

Southwest Community Ed.
3414 W. 47th St.
Minneapolis, MN 55410

3. By Phone

Credit Card payments only—Discover, MasterCard or Visa. You may also call for more information about our programs.

612.668.3100

4. In Person

Office hours are Monday through Thursday 3-9 pm before the program begins and Monday through Thursday 8:30 am to 4 pm during the program.

Confirmations

Confirmations will be emailed to persons who register. If you do not have an email address, you may call to confirm your registration. We will only call if you did not get a spot in the class.

Cancelations & Refunds

All refunds and transfers must be made before 4 pm on the Wednesday before the class starts. If you elect to cancel, a \$15 processing fee per class per child will be deducted from your refund.

Registration Form for Southwest SSP Classes, PSSP & Trek

Child's Name: _____ Birthdate: _____ M F Grade: _____
 Address: _____ City, State, Zip: _____

Parent/Guardian 1: _____ Parent/Guardian 2: _____
 PG1 Cell/Work Phone: _____ PG2 Cell/Work Phone: _____
 PG1 Home Phone: _____ PG2 Home Phone: _____
 PG1 Email: _____ PG2 Email: _____

Does this child have special needs, medical conditions or allergies? Yes No
 If yes, Please identify: _____

PSSP 8:15-9:15 am	MORNING CLASSES ■ 9:30 am-noon	AFTERNOON CLASSES ■ 1-3:30 pm
<input type="checkbox"/> Fee: \$20	Week 1 - AM (June 19-22) Class/Trek: _____ Fee: \$ _____	Week 1 - PM (June 19-22) Class/Trek: _____ Fee: \$ _____
<input type="checkbox"/> Fee: \$20	Week 2 - AM (June 26-29) Class/Trek: _____ Fee: \$ _____	Week 2 - PM (June 26-29) Class/Trek: _____ Fee: \$ _____
<input type="checkbox"/> Fee: \$20	Week 3 - AM (July 3-7; no class July 4) Class/Trek: _____ Fee: \$ _____	Week 3 - PM (July 3-7; no class July 4) Class/Trek: _____ Fee: \$ _____
<input type="checkbox"/> Fee: \$20	Week 4 - AM (July 10-13) Class/Trek: _____ Fee: \$ _____	Week 4 - PM (July 10-13) Class/Trek: _____ Fee: \$ _____
<input type="checkbox"/> Fee: \$20	Week 5 - AM (July 17-20) Class/Trek: _____ Fee: \$ _____	Week 5 - PM (July 17-20) Class/Trek: _____ Fee: \$ _____
<input type="checkbox"/> Fee: \$20	Week 6 - AM (July 24-27) Class/Trek: _____ Fee: \$ _____	Week 6 - PM (July 24-27) Class/Trek: _____ Fee: \$ _____

Payment Method: Cash Check Credit Card **Total Fees: \$ _____**
 Card Type: Discover MasterCard Visa Cardholder Name: _____
 Card Number: _____ - _____ - _____ - _____ Exp. Date: ____/____/____

Parental Consent: The child listed above has my consent to attend the Minneapolis Community Education programs indicated. I believe the necessary precautions and supervision will be provided. I consent to my child attending and do not hold Special School District 1 (Minneapolis Public Schools) responsible or liable for accidents, or loss or damage of property. I also give my consent for this child to walk or bike off of school grounds and/or to participate in activities if these are part of a class/program activity.

Photo/Media & Informational Release (Check if permission is granted)

- I give permission for my child to be included in television or still photographs representing Minneapolis Community Education programs. Photos/images may appear in newsletters, promotional brochures, on program websites and program materials.
- I give permission for my child to participate in informational surveys regarding services provided by Minneapolis Community Education and for general data collection to inform program planning. All surveys and data collected will be kept confidential.

How will your child get home after classes? (Check one)

- My child has permission to walk/bike home and/or meet their ride outside at the end of their day.
- Someone will come inside to meet them and their teacher at the class sign for release.

➡ **Parent/Guardian's Signature:** _____ **Date:** ____/____/____

Please return this form with your payment to:

Southwest Community Education, Attn: Southwest Super Summer Program, 3414 W. 47th St., Minneapolis, MN 55410

Have Questions? Call us at 612.668.3100 or email dave.premack@mpls.k12.mn.us.

Southwest Summer Swimming Program



No swimming Tuesday, July 4.

Open Swim

Enjoy time with your family in the water. Children must be at least 4 years old, potty-trained and accompanied by a caregiver. Fee covers a family of four. Additional family members are \$5 each. **Fee: \$30**

Jun 19-Jul 27 12:15-1 pm +
1:40-2:10 pm

Parent & Child (Ages 3-4)

Learn support techniques for moving your child through the water. Learn water entry, bubble blowing, front kicking, backfloating and underwater exploration. One adult per child. Bring your child's favorite bath toy. Fee includes both parent and child. **Fee: \$55**

Jul 17-Jul 27 9:10 am-9:40 am

Private Lessons

Participate in 8 30-minute private lessons during the dates and times listed below. To schedule, email silvia.ihme@mpls.k12.mn.us or call 612.501.3922. **Fee: \$120 for one person, \$200 for two, \$320 for three.**

Jun 19-Jul 27 9:10 am-2:10 pm

Have questions about Southwest swim programs?

Call 612.668.3100 or email dave.premack@mpls.k12.mn.us

Swimming 1: Introduction to Water Skills (Ages 5+)

Participants will learn about entering and exiting the water, how to submerge their mouth, nose, and eyes while blowing bubbles, how to float on their front and back with support, and more. **Fee: \$55**

Jun 19-Jun 29 9:10-9:40 am
9:45-10:15 am
10:20-10:50 am
Jul 3-Jul 13 9:10-9:40 am

Swimming 2: Fundamental Aquatic Skills (Ages 5+)

Participants will learn about entering the water by stepping or jumping from the side, submerging their entire head in water, retrieving a submerged object, swimming on their front and back unsupported, and more. **Fee: \$55**

Jun 19-Jun 29 9:10-9:40 am
9:45-10:15 am
10:20-10:50 am
11:30 am-noon
1:05-1:35 pm
Jul 3-Jul 13 9:10-9:40 am
9:45-10:15 am
10:20-10:50 am
11:30 am-noon
1:05-1:35 pm
Jul 17-Jul 27 9:45-10:15 am
10:20-10:50 am
1:05-1:35 pm

Swimming 3: Stroke Development (Ages 5+)

Participants will learn about jumping into deep water from the side, rotary breathing with the body in a horizontal position, treading in deep water for 30 seconds, swimming the butterfly kick 15 feet, and more. **Fee: \$55**

Jun 19-Jun 29 9:10-9:40 am
9:45-10:15 am
10:20-10:50 am
11:30 am-noon
1:05-1:35 pm
Jul 3-Jul 13 9:10-9:40 am
9:45-10:15 am
10:20-10:50 am
11:30 am-noon
1:05-1:35 pm
Jul 17-Jul 27 9:10-9:40 am
9:45-10:15 am
10:20-10:50 am
11:30-12 pm
1:05-1:35 pm

Swimming 4: Stroke Improvement

Participants will need to swim underwater three body lengths, survival float on their front and back for one minute in deep water, do the front and back glide two body lengths, tread water for one minute, swim on their front and back 25 yards, and do the breaststroke, butterfly, and elementary backstroke 15 yards. **Fee: \$55**

Jun 19-Jun 29 10:55-11:25 am
11:30 am-noon
1:40-2:10 pm
Jul 3-Jul 13 10:55-11:25 am
11:30-12 pm
1:40-2:10 pm
Jul 17-Jul 27 9:10-9:40 am
10:55-11:25 am
11:30 am-noon
1:40-2:10 pm

Register for classes online at mplscommunityed.com.

Swimming 5: Stroke Refinement

Participants will need to shallow dive from the side, glide two body lengths and begin any front stroke, swim underwater 15 yards, do tuck and pike surface dives, survival float on their front and back two minutes, tread water with two different kicks 2 minutes; front crawl and back crawl 50 yards; and butterfly, breaststroke, elementary backstroke, and sidestroke 25 yards. **Fee: \$55**

- Jun 19-Jun 29** 10:55-11:25 am
- Jul 3-Jul 13** 9:45-10:15 am
10:55-11:25 am
- Jul 17-Jul 27** 9:45-10:15 am
10:55-11:25 am

Swimming 6: Swimming & Skill Proficiency

Participants must have completed the Level 5 requirements. This class refines strokes in order to swim with more ease, efficiency, power and smoothness for longer distances. **Fee: \$55**

- Jun 19-Jun 29** 10:55-11:25 am
- Jul 3-Jul 13** 10:55-11:25 am
- Jul 17-Jul 27** 10:55-11:25 am

Swimming FAQs:

Are swim caps required?

Yes. Any swimmer with hair shoulder-length or longer will have to wear a swim cap regardless if the hair is braided or tied. Caps and goggles are available to purchase for \$5 each.

Where do I go for lessons?

Come to the new main door of the center addition of Southwest High School (Door #1 at W. 47th St. and Beard Ave.) or the cul-de-sac on the North side of the addition (Door #15; just up the street from W. 46th St and Beard Ave.). See pages 106-107 for map and parking information.

2017 Southwest Summer Swimming Registration Form

PLEASE PRINT ALL INFORMATION

Parent/Guardian's Name: _____
 Address: _____
 City, State, Zip: _____
 Parent/Guardian Phone: _____
 Parent/Guardian Email: _____

Student Name: _____
Swim Class Level: _____ (ex. 3A)
Date: _____ **Time:** _____ **Fee:** \$ _____

Payment Options:

Check (Make payable to Southwest Swimming Program)
 Credit Card Discover MasterCard Visa
 Card Number: _____ Exp. Date: _____
 _____ - _____ - _____ - _____ / ____/____
 Cardholder Name: _____

Trek Program Parental Permission Form

I give permission for my child, (print name) _____,

to attend the Trek Program for the week(s) that I have indicated below:

- Week 1:** June 19-22 **Week 4:** July 10-13
- Week 2:** June 26-29 **Week 5:** July 17-20
- Week 3:** July 3-9 **Week 6:** July 24-27

I believe the necessary precautions and supervision will be provided. I consent to my child attending and do not hold Special School District 1 (Minneapolis Public Schools), Southwest Community Education or its staff responsible or liable for accidents, injuries, or loss or damage of property.

I am also acknowledging and attaching a detailed explanation of any health condition or health problem that my child has so that the Trek staff is aware of them. I am including a physician's written approval for my son or daughter to participate in the Trek Program if he or she does have a health condition or health problem that presents a risk to his or her health or well-being as a participant in the activities and trips of the Trek Program. I also give my consent for my child to walk or bike off school grounds and to participate in activities if a part of the class or program.

Parent's Signature: _____ Date: ____/____/____