

COMMUNITY ED CATALOG

Summer 2019



SUMMER YOUTH CAMPS! (PAGE 4)

ADULT

Senior offerings, Adult Enrichment classes, Aquatics and Adult Basic Education

YOUTH

Summer Sports Camps, Driver's Education, Aquatics and Summer ENCORE

EARLY CHILDHOOD

ECFE, PreK 3, PreK 4 and Early Childhood Screening

OTHER OFFERINGS

Child Care, Partnerships, Blooming Heights Edible Schoolyard & Outdoor Classroom

Opportunities for lifelong learning!



OUR MISSION

Columbia Heights Public Schools
Creating worlds of opportunity for each and every learner
"All Belong, All Succeed"

Community Education, Summer 2019

Table of Contents

Community Education Advisory Council	2	Early Childhood.....	5
Community Education Department	2	ECFE EC Screening PreK 3 PreK 4	
Adult Enrichment.....	3	Child Care	6
Senior Offerings Arts, Crafts & Hobbies Day Trips & Tours		Mini Adventures Adventure Club	
Health & Fitness Aquatics Adult Basic Education		Blooming Heights Edible Schoolyard & Outdoor Classroom.....	6
Youth Offerings.....	4	Registration Information	7
Summer Sports Camps ENCORE Driver's Education		Building & Parking Information	8
ENCORE Aquatics Other Youth Offerings		Registration Form	8

2018-2019 Community Education Advisory Council

Bob Barnette Hillary Bement Jesse Davies Margarita Donayre Angie Fanning Janet Kendall Alix Lewis-Sadrant
 Bruce Magnuson Kathleen Moriarty Tammy Schmitz Dale Schuetz Amada Márquez Simula Jo-Anne Student Keith Windschitl
If you would like to join the Advisory Council or have any questions, contact Kristen Stuenkel at 763.528.4515.

Community Education Department

1440 49th Ave. NE, Columbia Heights, MN 55421 • 763.528.4517 • colheights.k12.mn.us/CommunityEd

Weekdays, 6 a.m. – 6 p.m.

The Community Education Office will be closed: May 27 July 4

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CORE VALUES

Community

Where we all belong
 and believe in ourselves
 and each other

Excellence

Being our best,
 expecting our best,
 every day

Collaboration

Working together
 for common goals

Integrity

Doing what is right,
 even when no one
 is watching

Respect

Celebrating who we are,
 honoring our differences,
 treating others well

Courage

Facing challenges with
 hope and persistence

Innovation

Finding new ways
 to excel and grow

Creating College and Career-Ready Graduates

Adult Enrichment

SENIOR OFFERINGS

Senior Safety Courses

Come learn about safety issues for seniors in this weekly course. Each week, we will have qualified instructors cover a variety of topics. View the list of topics and dates at colheights.k12.mn.us/SummerSeniorSafety or contact Adult Enrichment/Senior Program Manager Amada Márquez Simula at SimulaA@colheights.k12.mn.us. Please register at least one week ahead of the date you wish to attend. All senior programming takes place at the Family Center, 1460 49th Ave. NE, Columbia Heights, Door #2.

Tuesdays **FC Room 111**
1-2:30 p.m. **June 4 June 18**
July 9 July 23
Aug. 6 Aug. 20

Senior Discount

Residents age 55 and up may attend classes at 10 percent off of the regular fee unless otherwise noted. Discount does NOT apply to classes offered out side of Columbia Heights.



Residents age 55 and up.

DAY TRIPS & TOURS

'Guys & Dolls' at the Guthrie

Join us for the perfect musical comedy "Guys & Dolls" at the Guthrie Theatre. This tale centers on NYC's infamous gambler Nathan Detroit, who has set his sights on the biggest craps game of his career while Adelaide, his fiancée of 14 years, longs for a wedding.



#2037 **\$40**
11:45 a.m. **Wed/July 17**
Transportation provided.
Meet at DC at 11:45 a.m.

HEALTH & FITNESS

Yoga

Explore this ancient exercise system that strengthens the body while calming and focusing the mind. Learn basic exercises for your daily life to strengthen and tone the body. Classes include classic Hatha or stretching, breathing practices, and guided relaxation/meditation. Dress in comfortable clothes. Bring a yoga mat.

Michael Ledman **\$9 per class**
Registration is
per month.
FC Room 113

Mondays **4:15-5:15 p.m.**
#2019A **Mon/June 3, 10, 17, 24**
#2019B **Mon/July 1, 8, 15, 22, 29**
#2019C **Mon/Aug. 5, 12, 19, 26**
Tuesdays **6-7 p.m.**
#2019F **Tues/June 4, 11, 18, 25**
#2019G **Tues/July 2, 9, 16, 23, 30**
#2019H **Tues/Aug. 6, 13, 20, 27**



AQUATICS

Open Lap Swim

Great exercise for all ages and skill levels. Set your own pace and distance. Ages 16+

\$3/session, \$4/drop-in
Registration is per month.
CHHS Pool

Mondays **6:30-7:30 p.m.**
#2041A **Mon/June 3-24**
#2041C **Mon/July 1-29**
#2041E **Mon/Aug. 5-26**
Wednesdays **6:30-7:30 p.m.**
#2041B **Wed/June 5-26**
#2041D **Wed/July 3-31**
#2041F **Wed/Aug. 7-28**

Water Exercise Class

Improve your general fitness level by exercising in the water. Combines aerobic exercise with gentle strengthening, toning and balance exercises. No swimming ability required.

Tami Fisher **\$9/session, \$10/drop-in**
Registration is per month.
CHHS Pool

Mondays **6:30-7:30 p.m.**
#2042A **Mon/June 3-24**
#2042C **Mon/July 1-29**
#2042E **Mon/Aug. 5-26**
Wednesdays **6:30-7:30 p.m.**
#2042B **Wed/June 5-26**
#2042D **Wed/July 3-31**
#2042F **Wed/Aug. 7-28**

Visit colheights.k12.mn.us/Aquatics to learn more!

METRO NORTH ADULT BASIC EDUCATION (ABE)

FREE classes for adults!
 Day and evening class times available.

Adult Education Center –
Columbia Heights/Fridley

763.706.3833

4111 Central Ave. NE, Ste. 100, Columbia Heights

Looking for More Senior Opportunities?

The Columbia Heights Recreation Department has a variety of offerings for senior citizens.



Learn more online at columbiaheightsmn.gov or call 763.706.3730.

ARTS, CRAFTS & HOBBIES

Writing Stories from Your Life

Do you have a story inside you just waiting to be written? An inspiring story you share with friends and family? A painful story you've never told before? The seeds of a memoir? We will help you write it! This class offers practical tips to help you craft your story and refine your writing voice. Followed by time for members to bring in short writing samples to read and receive positive and encouraging feedback (and a little helpful critique) from the instructor and class.

Nathan Roberts **\$45 (4 sessions)**
#2026 **Tues/July 9-30**
6-7:30 p.m. **FC Room 111**

Youth

SPORTS

Swim & Dive

Swimmers (girls and boys) will develop stroke technique and learn race plans.

Grades 7-12 \$30 (12 sessions)
5-6:30 p.m. CHHS Pool

Session 1 Mon-Thurs/June 10-27
OR
Session 2 Mon-Thurs/July 8-25

Girls Basketball

The focus of this camp is skill development. We will be working on dribbling with both hands, defensive stance and principles. We will do a fun lay-up circuit and end each day with a fun/competitive game.

Grades 5-8 \$8 (3 sessions)
Hylander Center

4-5:30 p.m. Tues-Thurs/June 25-27

Football

Players will work on skills to improve their football fundamentals. They will learn offense, defense and special teams schemes. Players will also work on technique and skills development through individual, 7-on-7 and team drills. No camp June 29-July 5.

Grades 9-12 \$20
(11 sessions, 8 at CHHS)
CHHS Practice Field

Noon-2 p.m. Tues-Thurs/June 11-13
Thurs/June 20, 27
Mon-Tues/July 29-30

5-7 p.m. Passing League
Wed/July 10, 17, 24, 31

*Location TBD
Transportation not provided.
No fee for off-site dates.*

Grades 7-8 \$13 (5 sessions)
CHHS Practice Field

Noon-2 p.m. Tues-Thurs/June 11-13
Mon-Tues/July 29-30

Girls Volleyball

During the volleyball camp we will work on volleyball skills (passing, setting, hitting and serving). We will do some conditioning to prepare you for the start of the volleyball season.

Grades 7-12 \$15 (5 sessions)
Hylander Center

10 a.m.-Noon Mon/June 17-July 22
No camp July 1

SPORTS

Girls Gymnastics

A camp for middle and high school athletes wishing to explore gymnastics with current high school coaches. New girls welcome, returners encouraged to come build current skills before the 2019 season.

Grades 7-12 \$25 (10 sessions)
CHHS Gym

3:30-5:30 p.m. Mon-Fri/July 15-26

Dance

Dancers will have technique sessions with local Just For Kix instructors and work on building a routine for a community performance!

Grades 7-12 \$13 (5 sessions)
CHHS Performing Arts Studio

8 a.m.-1 p.m. Mon-Wed/June 24, 25, 26
9 a.m.-Noon Thurs-Fri/June 27, 28

Lacrosse

The goal of the program is to introduce and develop basic skills using fun games and coaching techniques. This camp is for girls who may be new to the game of lacrosse or looking to improve their skills. Athletes will learn all the fundamentals of cradling, passing, shooting, and defense.

Grades 7-12 \$13 (5 sessions)
CHHS Football Field

1-3 p.m. Mon-Fri/June 17-21

ENCORE Strength & Conditioning

The Hylander Strength Camp will provide students with a strength and conditioning program that will allow students to reach their full athletic potential. This program will help develop and increase strength, speed, agility, and self-confidence for each participant.

Grades 7-12 FREE
Hylander Center

8-9:30 a.m. Mon/Tues/Thurs/Fri
OR
June 10-Aug. 2

9:30-11 a.m. No camp June 29-July 5
Does NOT meet Wednesdays

Students eligible for Educational Benefits (including Free and Reduced price lunch) will receive up to half off the posted price for youth sports camps.

OTHER OFFERINGS

Driver's Education

Students will receive a total of 30 hours of classroom instruction and six hours of behind-the-wheel instruction. The classroom portion consists of ten, three-hour classes and the behind-the-wheel portion is three, two-hour private lessons. Pre-registration is required with a \$145 down payment payable to CH Community Education. Classes offered through Safeway Driving School. The remaining \$195 is payable to the instructor.

For more information, contact Safeway at 651.351.9150 or visit safewaydrivingschool.com.

Safeway Driving School

#2022C \$340 (10 sessions)
Training Room

1-4 p.m. Mon-Fri/June 17-28

ENCORE Aquatics

ENCORE Aquatics classes are free to CHPS students or students living within District boundaries in grades 4-12. Class offerings include lessons for levels 1-4. Registration information will be sent home with students in May.

1:30-4:30 p.m. 30 minute lessons
CHHS Pool

Session 1 Mon-Fri/June 10-14

Session 2 Mon-Fri/June 17-21

Session 3 Mon-Fri/June 24-28

Visit colheights.k12.mn.us/Aquatics to learn more!

Summer ENCORE

Register your student for Summer ENCORE programming by visiting your school's main office.



Looking for More Youth Opportunities?

The Columbia Heights Recreation Department and Columbia Heights Library have a variety of unique and exciting offerings for youth.

Learn more at columbiaheightsmn.gov or call 763.706.3730.

REGISTER NOW: colheights.k12.mn.us/YouthSportsRegistration

Early Childhood

ECFE

Summer Fun (12 mos-5 yrs)

Children will enjoy summer fun with exploring different topics and activities for the first half of each class. During the second half, parents will separate and have parent discussion about ways to support and engage their child over the summer through these topics and their own ideas!

Age 12mos-5yrs **\$35 (8 sessions)**
OR
\$5/class per child

9:30-11 a.m. Tues/June 4-July 23

Circle Terrace Community Building
 1311 Circle Terrace Blvd., Columbia Heights

- June 4: Create Art**
- June 11: Gardening/Planting**
- June 18: Reading Adventure**
- June 25: Bugs and Insects**
- July 2: Sensory Materials**
- July 9: Nature Exploration**
- July 16: Musical Experience**
- July 23: Water Fun**

SCREENING

Early Childhood Screening

Promote positive health and development outcomes and kindergarten readiness. During screening, your child's speech, motor and cognitive skills are reviewed. Your child will have their height, weight, vision and hearing checked. You will participate in a summary interview to review the screening process, social and emotional skills, and discuss any concerns you may have. Screenings last approximately 60 minutes. Call 763.528.4517 to schedule an appointment.

11 a.m.-7 p.m. Mon/Aug. 12
Mon/Aug. 19

8 a.m.-4 p.m. Wed/Aug. 14
Thurs/Aug. 15
Tues/Aug. 20

**Early childhood developmental screening helps a school district identify children who may benefit from district and community resources available to help in their development.*

**Early childhood developmental screening includes a vision screening that helps detect potential eye problems, but is not a substitute for a comprehensive eye exam.*

PreK Programming — Begins in September

PreK 3 (3 years old by Sept. 1)

Our Four-Star Parent Aware PreK 3 program prepares children for lifelong success! PreK 3 curriculum is aligned with PreK 4 and the Minnesota Early Learning Standards. Classes are taught by licensed early childhood education teachers and administered by Columbia Heights Public Schools Community Education. Early Childhood Screening is required for all PreK 3 students. Transportation is not available for 3-year-old programming.

Day	Time	Location
Mon/Wed/Fri	8:15-10:45 a.m.	FC Room 104
	11:15 a.m.-1:45 p.m.	FC Room 104
Tues/Thurs	8:15-10:45 a.m.	FC Room 104
	11:15 a.m.-1:45 p.m.	FC Room 104



Tuition is based on a sliding fee scale.

Cost (M/W/F)	\$22 (\$0-11,000)	\$42 (\$11,001-20,000)	\$62 (\$20,001-30,000)
	\$84 (\$30,001-40,000)	\$105 (\$40,001-50,000)	\$135 (\$50,001+)
Cost (T/TH)	\$14 (\$0-11,000)	\$28 (\$11,001-20,000)	\$42 (\$20,001-30,000)
	\$56 (\$30,001-40,000)	\$70 (\$40,001-50,000)	\$90 (\$50,001+)

For more information, contact the Community Education Department or visit colheights.k12.mn.us/PreK3.



PreK 3 and PreK 4 registration for the 2019-2020 school year is underway!

FREE PreK 4 (4 years old by Sept. 1)

PreK 4 classes are taught by licensed early childhood education teachers and administered by Columbia Heights Public Schools. PreK 4 curriculum is aligned with the Kindergarten curriculum and the Minnesota Early Learning Standards. Bussing is provided for PreK 4 families who live within District boundaries. Early Childhood Screening is required for all PreK 4 students. PreK 4 classes are located at Highland, North Park and Valley View Elementary Schools and the Family Center.

Mornings 7:55-10:25 a.m.	Family Center, Highland and Valley View Monday-Friday
Afternoons 11:45 a.m.-2:15 p.m.	Family Center, Highland and Valley View Monday-Friday
Full Day 7:55 a.m.-2:15 p.m.	Highland, North Park and Valley View Monday-Friday

- Full-day PreK 4 at Highland, North Park and Valley View is only available to residents who live within the respective school boundaries and qualify for Free/Reduced Lunch.
- Full-day programming is not available at the Family Center.

Space is limited. Register early for this program for young scholars.

To register your student for PreK 4, visit the Placement Center.



Child Care

Mini Adventures Child Care

Mini Adventures is a four-star Parent Aware child care program for children 36 months to 5 years old. In Mini Adventures, your child will participate in a variety of activities including math, guided circle time, literacy, dramatic play, field trips, music, games, outdoor play, arts & crafts, movement and more!

Hours, Dates & Location **6 a.m. to 6 p.m. weekdays, year-round***
Columbia Heights Public Schools Family Center
1460 49th Ave. NE, Columbia Heights



For more information, visit colheights.k12.mn.us/Mini.

Mini Adventures is currently full. To be added to the waiting list, call 763.528.4517 or visit the Family Center.

*No programming on days Columbia Heights Public Schools District Offices are closed.



Summer Adventure Club Child Care

Adventure Club is a child care program for students in Kindergarten through grade 5. In Adventure Club, your students will participate in...arts & crafts, guided group time, themed activities, field trips, dramatic play, cooking, games, outdoor play, science and more!



Hours, Dates & Location **6 a.m. to 6 p.m. June 10-Aug. 23**
Columbia Heights Public Schools Family Center
1460 49th Ave. NE, Columbia Heights
To begin June 10, registration **must be received by Friday, May 24**. After this date, contact the Community Education Office to register.

Fees **\$37 per day (includes meals and activities)**
\$25 registration fee (only for families **not** enrolled during the 2018-19 school year)
*Fee assistance may be available through Anoka, Ramsey or Hennepin County Child Care Assistance Programs. Contact your county directly.

Beginning in May, visit colheights/k12.mn.us/AC for our summer events calendar!

Register online at colheights.k12.mn.us/ACregister.

For more information, or to register in paper form, call 763.528.4517 or visit the Family Center.



Columbia Heights Public Schools is one of Minnesota's only school districts with an outdoor classroom and living laboratory used by educators and students. Blooming Heights is a great place to learn hands-on gardening skills, and to use math, science, literacy, art and nutrition.



Learn more at colheights.k12.mn.us/BloomingHeights.

Follow us on Instagram!
[@CHPSBloomingHeights](https://www.instagram.com/CHPSBloomingHeights)



Blooming Heights Farm Stand
4-5 p.m. at the District Center
July 17 • July 24 • July 31 • Aug. 7 • Aug. 14



Registration Information

Office Hours

The Community Education office is open weekdays, 6 a.m.-6 p.m. The office will be closed May 27 and July 4.

Class Eligibility by Birth Date

Children must be the appropriate age for all school year classes on or before Sept. 1, 2019. No exceptions. To participate in ECFE Summer Fun, children must be the appropriate age by June 1, 2019.

District Policy

Columbia Heights Public Schools does not discriminate on the basis of sex, race, religion, color, national origin, economic status, disability, age or marital status in any of our education programs or personnel

Fees

Fees may be paid by cash, checks (make all checks out to Columbia Heights Community Education) or Visa/MasterCard. Phone, fax and online registrations by credit card only. ECFE fees are on a sliding scale based on gross annual income.

PreK 3 fees are a set monthly fee. **Monthly tuition balance must be paid up-to-date for the student to remain in class.** Fee assistance applications are also available for district residents. Please contact the Community Education office for more information.

UCare Discount

UCare members may be eligible for up to a \$15 discount on most classes listed in this catalog. Members must be on UCare at the time of registration and through the duration of the class(es). Members need to include their ID number when registering. Some restrictions may apply. **UCare for Seniors** members and **EssentiaCare** members are eligible for one \$15 discount per calendar year. **UCare Choices** and **Fairview Choices** members are not eligible for the \$15 class discount.

Senior Discount

Residents age 55 and up may attend classes at 10 percent off of the regular fee unless otherwise noted. Discount does NOT apply to classes offered outside of Columbia Heights.

How to Pay for Classes

EARLY CHILDHOOD:

- *(ECFE) Payment due at time of registration.
- *(PreK 3) First month payment due at time of registration.
- You may pay with cash, check or Visa/MasterCard.
- Please make checks payable to "CHPS Community Education."

ONLINE:

To register or pay online, visit colheights.k12.mn.us/CommunityEd.

MAIL OR DROP OFF:

Columbia Heights Community Education
1440 49th Avenue NE
Columbia Heights, MN 55421

WHEN PAYING BY CHECK

If your check is returned it may be represented electronically. You authorize service charges and processing fees, as permitted by state law, to be debited from the same account, by paper draft or electronically, at our option. The use of a check for payment is your acknowledgement and acceptance of this policy and its terms.

payteksolutions.com

Confirmation

No confirmation will be mailed. You will be notified only if a class is cancelled or filled. You may call to confirm your registration.

Cancellation and Refund Policy

For Adult Enrichment classes, refund requests must be made 72 hours before the first day of class. For ECFE and PreK, you will receive a tuition refund if a class is full or cancelled, or if you drop a class seven days prior to the first day of class. The manager reserves the right to cancel classes with low attendance.

Weather-Based Cancellations

Cancellations will be announced via WCCO — online at minnesota.cbslocal.com, TV Channel 4, 830 AM Radio. For more information, contact the Community Education Office. If Columbia Heights Schools are closed, all Community Education classes and activities will be cancelled. Every effort will be made to make up these classes.



Columbia Heights Public School District #13
1440 49th Ave. NE
Columbia Heights, MN 55421-1939

BUILDING AND PARKING INFORMATION

The abbreviations listed below denote the location of the Columbia Heights Public Schools Community Education classes listed on the pages in this program schedule:

Columbia Heights District Center (DC)

1440 49th Ave. NE, Columbia Heights

Columbia Heights Family Center (FC) (Door #2)

1460 49th Ave. NE, Columbia Heights

Columbia Heights High School (CHHS)

1400 49th Ave. NE, Columbia Heights (Pool at Door #42)

Columbia Heights Hylander Center (Door #37)

1400 49th Ave. NE, Columbia Heights

Highland Elementary School (HL)

1500 49th Ave. NE, Columbia Heights

North Park Elementary School (NP)

5575 Fillmore St. NE, Fridley

Valley View Elementary School (VV)

800 49th Ave. NE, Columbia Heights

Placement Center

1460 49th Ave. NE, Columbia Heights

Community Education Registration Form

Community Education • Columbia Heights Public Schools • 1440 49th Ave. NE, Columbia Heights, MN 55421 • 763.528.4517

Name: _____ Birthdate (if under 18): _____

Email: _____

Phone: _____ Secondary phone: _____

Address: _____ City/State: _____ Zip: _____

Class #: _____ Class title: _____ Fee: _____

Payment with: Cash Check UCARE MN membership # _____

MasterCard Visa Credit Card #: _____ Exp. date: _____

Signature: _____

For office use: Date: _____ Total paid: _____ Intl: _____ Cash Check Charge

To register for Mini Adventures, call 763.528.4517. To register for PreK 4, visit the Placement Center.