

Summer 2015 Activities at NORTHWEST COMO RECREATION CENTER

1550 N. Hamline Ave., Saint Paul, MN 55108 651-298-5813

[REGISTRATION BEGINS MARCH 23RD](#)

Register at www.stpaul.gov/parks

June Classes/Camps

Archery

Instructor: Tim Lang & Tom Altman

Students will follow safety instructions while learning and practicing proper archery techniques. Equipment will be provided and fee includes t-shirt.

Activity #: 12151 Day: Mon-Fri Date: June 15 Time: 8:30am-10:30am Fee: \$60 Sessions: 5 Grades completed: 3-12

Theatre: You Are the Actor

Instructor: IPerform Theatre

Youth will learn actions and lines to perform a skit at the end of the week. Emphasis is on creativity, introduction to acting and becoming comfortable in front of people.

Activity #: 14188 Day: Mon-Fri Date: June 15 Time: 6pm-8pm Fee: \$50 Sessions: 5 Ages: 6-12



Soccer Stars

Instructor: Jonah Fields

Sharpen your soccer skills and learn more about the game. This is not league play but skill development. Play will happen weather permitting on NW Como Fields 3 & 4. Located off Midway Parkway across from the Como rides, behind the Mini Golf. Bad weather days youth will play in the gym. Don't forget to bring a water bottle for your child. **No Soccer**

July 2

Activity #: 14270 Day: Thurs Date: June 18 Time: 6:15pm-7pm Fee: Free Sessions: 4 Ages: 4-6

Activity #: 14271 Day: Thurs Date: June 18 Time: 7pm-7:45pm Fee: Free Sessions: 4 Ages: 7-11

Babysitting

This training will help participants develop skills in leadership and professionalism, basic care, safety, safe play and first aid. Students must be age 11 years or older. Please bring a bag lunch and beverage for class.

Activity #: 14153 Day: Thurs Date: June 18 Time: 9am-3:30pm Fee: \$60 Sessions: 1 Ages: 11-17

Funtastic Fridays

Instructor: Staff

Each Friday the Northwest Como staff will lead the youth in fun, cooperative and active activities.

Activity #: 12260 Day: Fri Date: June 19 Time: 2:30pm-4pm Fee: Free Sessions: 7 Ages: 7-14

Tumble Time: Ages 3-4

Instructor: Dawn Thielen

Tumble time is a beginning tumbling class for preschool aged kids. This class will focus on basic motor skills and movements, introducing participants to various rolls, hopping, and other tumbling moves through fun and games.

Activity #: 15552 Day: Mon-Fri Date: June 22 Time: 9am-9:30am Fee: \$30 Sessions: 5 Ages: 3-4

Tumble Time ages 5-6

Instructor: Dawn Thielen

A beginning tumbling class that focuses on introducing new motor skills and movements. This class will focus on jumps, leaps, rolls, handstands, cartwheels, and other tumbling skills through lots of fun and games. **Activity #: 12150**

Day: Mon-Fri Date: June 22 Time: 9:35am-10:20am Fee: \$35 Sessions: 5 Ages: 5-6



Tumble Time ages 7-10

Instructor: Dawn Thielen

A beginning tumbling class that focuses on introducing new motor skills and movements. This class will focus on strength and flexibility jumps, leaps, rolls, handstands, cartwheels, and other tumbling skills in a fun and engaging environment.

Activity #: 15007 Day: Mon-Fri Date: June 22 Time: 10:25am-11:25 am Fee: \$40 Sessions: 5 Ages: 7-10

Advanced Tumble time

Instructor: Dawn Thielen

An advanced tumbling class for students who have taken gymnastics classes before and have mastered a handstand or a cartwheel. This class will focus on reviewing basic tumbling skills, jumps and leaps, and learning more advance skills such as round offs, back walkovers, and more.

Activity #: 16545 Day: Mon-Fri Date: June 22 Time: 11:30am-12:30pm Fee: \$45 Sessions: 5 Ages: 7-12

Artist 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 and 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 #: 14129 **Day:** Tue **Date:** June 23 **Time:** 10am-12pm **Fee:** \$60 **Sessions:** 6 **Ages:** 5-8
Activity #: 14128 **Day:** Mon/Wed **Date:** June 22 **Time:** 10am-12pm **Fee:** \$90 **Sessions:** 12 **Ages:** 7-11
Activity #: 14130 **Day:** Mon/Wed **Date:** June 22 **Time:** 12:30pm-2:30pm **Fee:** \$90 **Sessions:** 12 **Ages:** 12-17

Extreme Robotics: Battle Bots Instructor: Computer Explorers

All New Super-Charged Projects! Get ready to take ultimate control! Using the NXT intelligent brick from LEGGO, servo motors, advanced ultrasonic, touch and light sensors, and specialized Lego technic 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 challenged to morph their projects in better, stronger or faster robots. Possible competitive robots built are Tug-O-War bots, hammer-bot, and a claw-striker, and Sumobot.

Activity #: 16807 **Day:** Mon-Fri **Date:** June 22 **Time:** 1pm-3pm **Fee:** \$100 **Sessions:** 5 **Ages:** 11-15

Digital Film Making - Star Wars Jedi Movie Making Instructor: Computer Explorers

From a galaxy far, far away, Star Wars comes to life! Work on a stop motion animated Lego Star Wars Movie. Pick your characters to star in your own mini-movie ...the possibilities are endless. Star Wars action figures, Legos and backdrops will be available for filming in class. Handle all of the technical details including using a digital movie camera, filming scenes, stop-motion animation, digital editing and adding finishing special effects and transitions to the movie. In this exciting hands-on learning class, our instructors will take your student through the entire digital film making steps from start to finish using Frames Software. Student groups' final projects will be emailed to parents, or students may bring a USB jump drive the last day. Please bring a drink & snack daily.

Activity #: 14806 **Day:** Mon-Fri **Date:** June 22 **Time:** 10am-12pm **Fee:** \$100 **Sessions:** 5 **Ages:** 7-11

Soccer Camp 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!



Activity #: 9257 **Day:** Mon-Thurs **Date:** June 29 **Time:** 9am-12pm **Fee:** \$79 **Sessions:** 4 **Ages:** 5-7
Activity #: 4422 **Day:** Mon-Thurs **Date:** June 29 **Time:** 9am-12pm **Fee:** \$79 **Sessions:** 4 **Ages:** 8-12

Forensic Lab Instructor: Mad Science

Use forensic science to help solve some Mad Science mysteries. Learn about cells as you extract the DNA from wheat germ and make a model cell. Collect evidence with your own Inspect kit. Reconstruct a mystery scene and the face of the suspect with your Whodunit take home kit. Examine footprints; use your own Fingerprint finder to identify fingerprints left at the scene.

Activity #: 16576 **Day:** Mon-Thurs **Date:** June 29 **Time:** 9am-12pm **Fee:** \$100 **Sessions:** 4 **Age:** 8-11

July Classes/Camps

Snag Golf Camp Instructor: Sports Unlimited

SNAG utilizes equipment designed for the entry level player, including oversized plastic club heads and "mini tennis balls". Campers learn the fundamentals of swinging, putting and body positioning. SNAG simplifies instruction so that players make an effective transition onto the golf course. Equipment provided. Bring appropriate clothing, snack, water bottle, and sunscreen. Participants receive a t-shirt and merit award.

Activity #: 9263 **Day:** Mon-Thurs **Date:** July 6-9 **Time:** 9am-12pm **Fee:** \$79 **Sessions:** 4 **Ages:** 5-10

Kumihimo Bracelets (Braiding) Instructor: Textile Center

Learn how to do Kumihimo, a Japanese 8-stranded braid with intricate patterns that look fancy, but are easy to master. Finish it off with a clasp and you have a knockout braided bracelet.

Activity #: 16652 **Day:** Thurs **Date:** July 9 **Time:** 9:30am-11:30am **Fee:** \$40 **Sessions:** 1 **Ages:** 10-14

**Crazy Chemworks****Instructor: Mad Science**

Try your hand with some super solutions and explore the chemistry of everyday life. The Mad Science camp is bubbling over with classic experiments and crazy concoctions with spectacular hands-on activities. The camp includes real chemistry tools, stunning demonstrations and your own set of lab ware to take home.

Activity #: 16575 **Day:** Mon-Thurs **Date:** July 13 **Time:** 8:30am-11:30am **Fee:** \$100 **Sessions:** 4 **Ages:** 6-12

Ultimate Frisbee Camp **Instructor: Sports Unlimited**

Combining the non-stop movement and athletic endurance of soccer with the aerial passing skills of football, a game of Ultimate is played by two, seven-player squads with a high-tech plastic disc on a field similar to football. The object of the game is to score by catching a pass in the opponent's end zone. Ultimate is the fastest growing sport on high school and college campuses. Please bring water-bottle, snack and sunscreen.

Activity #: 3834 **Day:** Mon-Thurs **Date:** July 13 **Time:** 1-4pm **Fee:** \$79 **Sessions:** 4 **Ages:** 11-15

Knitting Class **Instructor: Textile Center**

Use your head, better yet, cover it with a knit hat! Learn the basic skills of cast on, knit, and cast off. Then use these techniques and a simple hat pattern to create a unique hat knit by you, just for you.

Activity #: 16651 **Day:** Mon-Fri **Date:** July 20 **Time:** 12:30pm-2:30pm **Fee:** \$100 **Sessions:** 5 **Ages:** 10-14

Game On Camp **Instructor: Sports Unlimited**

Participants will be introduced to some favorite playground games: Ships Across the Ocean, Animal Tag, Freeze Tag, Red Light-Green Light, Kickball, Capture the Flag, Duck-Duck-Grey Duck, Dodge Ball (with soft sponge balls), Red Rover-Red Rover, 500, Sharks and Minnows, Simon Says and Steal the Bacon. Bring water bottle, snack and sun screen.

Activity #: 16648 **Day:** Mon-Thurs **Date:** July 20 **Time:** 9am-11am **Fee:** \$70 **Sessions:** 4 **Ages:** 4-6

Lacrosse Camp Non-Contact **Instructor: Sports Unlimited**

This camp is designed for both girls and boys ages 6-9. **Non-contact lacrosse**, also known as "Soft Lacrosse" is played. Individual skills taught: catching, throwing, scooping and cradling. Campers will be divided by age and skill level. Sports Unlimited provides all equipment. Staff ratio 1-10.

Activity #: 16649 **Day:** Mon-Thurs **Date:** July 20 **Time:** 1pm-4pm **Fee:** \$79 **Sessions:** 4
Ages: 6-9

**Ballet/Creative Movement** **Instructor: Leah Jackson**

The children will learn basic ballet and creative movement skills while incorporating them into dance. They will show off their new skills on the final day.

Activity #: 15004 **Day:** Mon-Fri **Date:** July 27 **Time:** 9am-9:45am **Fee:** \$35 **Sessions:** 5 **Ages:** 3-5

Jazz/Ballet/Hip Hop **Instructor: Leah Jackson**

An introduction to various dance styles. Youth will incorporate their new skills into a dance recital on the final day.

Activity #: 14783 **Day:** Mon-Fri **Date:** July 27 **Time:** 9:50am-10:50am **Fee:** \$40 **Sessions:** 5 **Ages:** 6-10

Hip Hop for Boys **Instructor: Leah Jackson**

An introduction to various dance styles. Youth will incorporate their new skills into a dance recital on the final day.

Activity #: 14782 **Day:** Mon-Fri **Date:** July 27 **Time:** 10:55am-11:55am **Fee:** \$40 **Sessions:** 5 **Ages:** 6-12

Minecrafting Basics **Instructor: Computer Explorers**

Minecraft is a sandbox building game, that's been dominating the world of video gaming for the past few years. In our course, explore, learn, problem solve, and create amazing and unique worlds together using Minecraft for the PC. This class is for Beginner and Intermediate Minecrafters. Students will be playing in a custom created world, on a special Minecrafted EDU modded Server. We will learn mine crafting basics, following a progressive story of survival on a desert island and then learn to work collaboratively to survive. Work towards a common goal of solving the mystery of the island and conquering the tyrant in charge. At the end of class Students will be given complete creative freedom to develop our island. Students will be working on

individual computers. Please bring a drink & snack daily.

Activity #: 9268 **Day:** Mon-Fri **Date:** July 27 **Time:** 10am-12pm **Fee:** \$110 **Sessions:** 5 **Ages:** 7-11

Minecraft Coding w/Python

Instructor: Computer Explorers

Step up your Minecraft gaming experience to a new level! Learn to customize your worlds, by coding Server Plugins. This course introduces students to a whole new world of possibilities in Minecraft. Learn about programming basics and create a new gaming experience. We will learn how to extend Minecraft, by learning how to write code that automates building, tracks players, level mountains and more. Turn Minecraft from a game into a visual learning tool! We will be running a custom modded local server and interacting with the Minecraft Python API in real-time. Python is a widely used programming language. Its syntax allows programmers to express concepts in fewer lines of code than would be possible in languages such as C++ or Java, making it the perfect coding language for beginners. Python is a text based language, students should have familiarity with keyboarding, and basic computer skills. Students will take home installation files so they can set up their own local Minecraft server, and continue writing code at home (mac & pc). **They will need to have their own Minecraft accounts.**

Activity #: 16580 **Day:** Mon-Fri **Date:** July 27 **Time:** 1pm-3pm **Fee:** \$110 **Sessions:** 5 **Ages:** 10-15

Tie-Dye

Instructor: Kidscreate Studio

This is not a project you want your kids to do at home. Send your kids to class to make a tie dyed shirt they will wear all summer long. Children must bring their own white t-shirt to class!

Activity #: 16650 **Day:** Tue **Date:** July 28 **Time:** 1pm-3pm **Fee:** \$26 **Sessions:** 1 **Ages:** 4-9

August Classes/Camps

Cheerleading Camp

Instructor: Skyhawks

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 the proper hand and 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 participants-coach ratio is 10:1. Participants should bring appropriate clothing, two snacks, water bottle, running shoes and sunscreen.

Activity #: 12139 **Day:** Mon **Date:** Aug 3 **Time:** 9am-12pm **Fee:** \$79 **Sessions:** 4 **Ages:** 5-9



Flag Football Camp

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 Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron! All participants receive a t-shirt, football and player evaluation. The participant-to-coach ratio is approximately 12:1. Participants should bring appropriate clothing, running shoes, two snacks, water bottle, and sunscreen.

Activity #: 3578 **Day:** Mon-Thurs **Date:** Aug 3 **Time:** 9am-12pm **Fee:** \$79 **Sessions:** 4 **Ages:** 6-12

Schoolhouse Chess

Instructor: Mad Science

Chess is fun, Schoolhouse Chess camp is super fun as it brings the game of chess to life using creative personalities. You will be captivated by our imaginative characters and learn chess with ease. Play a game with our gigantic chess set - the biggest you have ever seen! The camp covers all the rules, strategies and tactics and is appropriate for beginners through intermediate players.

Activity #: 16577 **Day:** Mon-Thurs **Date:** Aug 3 **Time:** 12pm-3pm **Fee:** \$100 **Sessions:** 4 **Age:** 6-12

Gone Fishing Bag (Sewing)

Instructor: Textile Center

Design your own double drawstring bag shaped like a fish. Create patterns on the fabric with dye transfer crayons, cut out your own fins and tail shapes and stitch it all together.

Activity #: 16653 **Day:** Thurs **Date:** Aug 6 **Time:** 1pm-3pm **Fee:** \$40 **Sessions:** 1 **Ages:** 10-14

Basketball Camp

Instructor: Skyhawks

This fun, skill-intensive program is designed for the beginning to intermediate players. Using our progression curriculum, staff will 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 will receive a t-shirt, basketball, and player evaluation. Participants should bring appropriate clothing, two snacks, water bottle and gym shoes.

Activity #: 12137 **Day:** Mon-Thurs **Date:** Aug 10 **Time:** 1pm-4pm **Fee:** \$79 **Sessions:** 4 **Ages:** 7-12



Mini-Hawk Camp (Soccer, T-ball & Basketball)**Instructor: Skyhawks**

The essentials of baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Mini-Hawk for ages 4-7 games and activities are designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Participants should bring appropriate clothing, a snack, a water bottle, running shoes and sunscreen

Activity #: 12238 Day: Mon-Thurs Date: Aug 10 Time: 9am-12pm Fee: \$79 Sessions: 4 Ages: 4-7**Art Academy Instructor: Kidscreate Studio**

Does your child love art? Painting, clay- it's all awesome! We will experiment with many techniques, materials and styles as we make snow globes, paint on canvas, create clay characters and more. Come ready to have an artsy good time in this highly anticipated camp.

Activity #: 14763 Day: Thurs/Fri Date: Aug 13 Time: 12:30pm-2:30pm Fee: \$50 Sessions: 2 Ages 7-12**How to Train Your Dragon Art Class Instructor: Kidscreate Studio**

The Movie "How to Train Your Dragon 2" inspires the project for this class. Hiccup and all his dragon-training friends would love this! We will learn a new art term and then use Model Magic clay to sculpt our own pet dragon.

Activity #: 14700 Day: Thurs Date: Aug 13 Time: 9:30am-11:30am Fee: \$26 Sessions: 1 Ages: 4-6**Ahoy Matey Art Class Instructor: Kidscreate Studio**

A pirate in training needs to be able to talk the talk! "Shiver me timbers" and "me hearties" are just a few of the phrases we'll practice as we make pirate ships out of clay and decorate them with jewels and doodads. We'll even create an ocean with bubble paint for the ships to sail on.

Activity #: 16573 Day: Fri Date: Aug 14 Time: 9:30am-11:30am Fee: \$26 Sessions: 1 Ages: 4-6**Badminton Camp****Instructor: Sports Unlimited**

The Sports Unlimited Badminton program is designed to provide beginner and intermediate level players with the fundamental skills of a sport that is growing in popularity. Participants are taught proper grip, footwork, strokes, volleys, overheads and serves. We will also cover the basic rules and etiquette of the game. Children will be divided by age and skill level. Please bring sunscreen, water bottle, snack and wear appropriate dress.

Activity #: 14813 Day: Mon-Thurs Date: Aug 17 Time: 9am-12pm Fee: \$79 Sessions: 4 Ages: 11-15**Volleyball Camp****Instructor: Skyhawks**

All aspect of volleyball are taught through drills and exercise 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 to developing the whole player. All participants receive a t-shirt, volleyball, and player evaluation. The participants-to coach ratio is approximately 10:1. Participants should bring appropriate clothing including, two snacks, water bottle, gym shoes, and knee pads.

Activity #: 12138 Day: Mon-Thurs Date: Aug 17 Time: 1pm-4pm Fee: \$79 Sessions: 4 Ages: 8-14**Messiest Art Camp Ever-Part 2****Instructor: Kidscreate Studio**

Back by popular demand with all new projects that takes mess-making to a whole new level! We'll paint with plaster, sculpt with gooey gunk, make paper Mache birds and fling paint like Jackson Pollock. We will even learn some art terms along the way. There is no need for your child to have completed The Messiest Art Camp Ever-Part 1

Activity #: 16572 Day: Thurs/Fri Date: Aug 20 Time: 12:30pm-2:30pm Fee: \$50 Sessions: 2 Ages 6-9**Story Time Art Camp****Instructor: Kidscreate Studio**

This camp is a great way to develop your child's love of art and reading! Beautifully illustrated children's books will inspire us each day. Each story will start us on a creative journey through the imagination. We'll create masterpieces using a variety of kid friendly art supplies. We'll swim with Swimmy, meet Yertle The Turtle, ride bikes with Curious George and get wild with wild things.

Activity #: 16571 Day: Thurs/Fri Date: Aug 20 Time: 9:30am-11:30am Fee: \$50 Sessions: 2 Ages: 4-6

MARTIAL ARTS: TAEKWONDO

Instructor: Elbert Batica

Gain confidence, discipline and skills through this ancient martial art. One-time fee for uniform, payable to instructor. Testing fees are additional.

Activity #: 14244	Day: Tue/Thurs	Date: June 2	Time: 4:30pm-5:30pm	Fee: \$50/mo	Sessions: 9	Ages: 6-17
Activity #: 14243	Day: Thurs/Tue	Date: July 2	Time: 4:30pm-5:30pm	Fee: \$50/mo	Sessions: 9	Ages: 6-17
Activity #: 14242	Day: Tue/Thurs	Date: Aug 4	Time: 4:30pm-5:30pm	Fee: \$50/mo	Sessions: 8	Ages: 6-17



Special Events:

Como Neighborhood Days

This 3 day event includes the Overnight Camp Out/Movie Night at Northwest Como Recreation Center, featuring the movie **"The Goonies"**, Art Festival sponsored by District 10, Como Park Grill's Beer & Wine Party, Lyngblomsten's MidSummer Festival with support from The Hubert Humphrey Job Corp and Como Park Language & Arts Preschool & Childcare Center.

Friday, Saturday and Sunday July 10-12, 2015.

The planning process is still going on so watch for updates.

Times and locations will vary for the other activities. Go to the website at:

www.district10comopark.org/comofest.html

Activity #: 9270 **Day:** Fri-Sun **Date:** July 10 **Time:** 6pm-12pm **Fee:** Free **Sessions:** 3 **Ages:** Open

Family Overnight Camping

Reserve your camping spot for the 2nd Annual NW Como Camp Out. Registration will be taken until July 6th. This camp out is for families with parents who are present at all times. Families must provide their own tent and camping gear. Jump Castle and Climbing tower begin at 6 pm with tent set up at 7-8pm and the outdoor movie **"The Goonies"** beginning at 9 pm and ending with a bonfire before bed. Light breakfast at 8am. Pre-registration is required. Concessions will be sold from 6-10pm. Volunteers are needed please contact the Northwest Como Staff at 651-298-5813. Thanks

Activity #: 12307 **Day:** Fri-Sat **Date:** July 10 **Time:** 6pm-12am **Fee:** \$30 **Sessions:** 1 **Ages:** 3+

Senior Gamers

Enjoy your favorite table games such as Sequence, Phase 10, and Mexican Train.

Activity #: 9262 **Day:** Tue **Date:** June 2 **Time:** 1pm-3pm **Fee:** Free **Sessions:** 13 **Ages:** 50 & up

