

BUFFALO HANOVER MONTROSE SCHOOLS

# COMMUNITY EDUCATION



\*See our Covid-19 message on page 2

The place to  
dream, believe  
and achieve.

*Summer*  
2020

763.682.8770  
BHMSCHOOLS.CE.ELEYO.COM



Community Education  
BUFFALO HANOVER MONTROSE SCHOOLS

# Welcome to Community Education

## Register online [bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)

**Covid-19 Message...** We hope you and your family are doing well and adjusting to a world with Covid-19. Keeping those in our communities safe is our primary concern. We are hoping to bring all of the classes and programs in this catalog to you this summer as allowable in a safe and healthy way but, as we know, the future is uncertain. We are monitoring the Covid-19 situation and will continue to plan and prepare based on the most current guidance from the MN Department of Health, MN Department of Education, the CDC, the Governor and our Superintendent of Schools related to canceling or postponing classes.

We are not mailing the Community Education summer 2020 catalog to your home. Register for classes online, without being charged a fee, at **[bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)**. You will provide your credit card information when registering but your account will not be charged at that time. If we are able to hold the class, your account will then be charged. Your saved financial information is secure and can not be viewed or accessed by anyone, including staff.

We will continue to adhere to the most up-to-date protocols and safety measures which may include limiting the maximum number of participants in a class. Keep safe and stay connected!

Until our office reopens, the best way to register for classes is by online registration and the best way to reach staff is by email or voicemail. Your message will be returned within 24 hours.



**Office Hours:** To Be Determined  
**Office Closed:** July 3



**Online Registration**  
[bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)

**District Website**  
[bhmschools.org](http://bhmschools.org)



**Phone** 763.682.8770



**Office Email** [commed@bhmschools.org](mailto:commed@bhmschools.org)



**Fax** 763.682.8795



**Mail or In-Person**  
301 2nd Ave NE  
Buffalo, MN 55313

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# Join Us for Summer ECFE in the Park!

Meet at the Sturges park bandshell at 10:30 am.

(Rain location for these activities is Discovery Center Auditorium)

## Teddy Bear Band

July 14

Children gain a positive sense of self and an appreciation of their own abilities. Bring your teddy bear.



## Rachael Kroog Kid Power

July 21

Join the Kid Power movement with dance, laughs and good times.



## Wonderful World of Woody

July 28

Music and sing-a-longs, juggling, a little magic, dancing and plenty of audience participation.

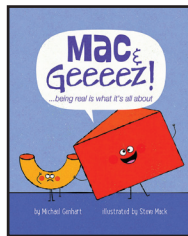


**ECFE Summer Story Time** is designed for children 3-6 years. Each session offers playtime, circle time and fun activities around each book's theme. Parents are invited to drop off their child and enjoy some time away, while their child learns about friendships and makes new friends. **Each child will receive a hardcover copy of the book shared during class. \$15 per child per class. 9-10:30 am, Discovery Center, room EC1, on the dates listed.** (Limit 10)

## Mac and Geeeze!

June 22 SU4044A

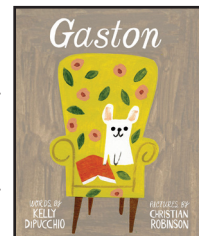
Mac and Cheese are best friends. But when Cheese starts showing off, being silly, and even poking fun at others, he stops acting like himself. Mac helps Cheese realize being yourself is the best way to be.



## Gaston

July 13 SU4044C

This is the story of four puppies. Gaston works the hardest at his lessons on how to be a proper pooch but a chance encounter with a bulldog family mixes things up. Can these puppies find where they belong?



## It's an Orange Aardvark!

June 29 SU4044B

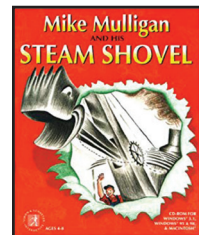
Five carpenter ants at home in their tree stump hear a noise. One ant thinks it is a hungry aardvark lurking outside waiting to eat them. One ant makes a hole in the stump to see. Orange light floods the stump—what can it be?



## Mike Mulligan and His Steam Shovel

July 20 SU4044D

Mary Anne is an old steam shovel and isn't as shiny and pretty as some of the newer models are. Mike Mulligan still uses her though, and insists that she can do just as good of a job as those more modern models can.



## The Little Mouse, The Red Ripe Strawberry and the Big Hungry Bear

July 27 SU4044E

A little mouse has found a yummy, ripe, red, strawberry and he is not willing to part with it. Little Mouse will do all he can to save his strawberry from the Big, Hungry Bear.



## Classes & Summer Preschool

### Mixed Ages Birth - 5 years by June 1

Parents and children have playtime together then parents separate for discussion led by a parent educator. For children, playtime continues with a child educator. Activities for children 6 months to kindergarten entrance include stories, snack time and active play. Topics for parent discussion are based on parent needs. Children under 6 months are invited to stay with parents.



(Limit 12)

#### S4005A (Buffalo)

Wednesdays, June 17- July 22 8:30-10 am  
 (No class July 1) ECFE Staff  
 Discovery Center Room EC1  
 Fee: See sliding fee scale Breakfast available 8-8:30 am

#### S4005B (Buffalo)

Wednesdays, June 17- July 22 10:15 -11:45 am  
 (No class July 1) ECFE Staff  
 Discovery Center Room EC1  
 Fee: See sliding fee scale Lunch available until 12:30 pm

#### Sliding Fee Schedule

Annual Income	1 child	2+ children
0-19,999	\$ 8	\$13
20,000-39,999	\$18	\$24
40,000-59,999	\$28	\$35
60,000-79,999	\$38	\$46
80,000-99,999	\$48	\$57
100,000+	\$58	\$68



### Summer Sun Preschool 3 - 5 years by January 1, 2020

Calling all kids who LOVE picnics, rocks, bears and bots. Summer Sun Preschool is just the place to explore activities associated with some great preschool book titles. 10 preschool sessions will be held in June and July at the Discovery Center in Buffalo. Must register for all 10 sessions. Breakfast and lunch are FREE! Limit 18



#### S4205A (Buffalo - 2 Day)

Tuesdays & Thursdays  
 June 16 -July 23  
 (No class June 30, July 2)  
 8:30 am-12 pm  
 Discovery Center EC Classroom  
 Fee: \$160 ECFE Staff

### Ready Set Grow Preschool 2020-2021

- ◆ Kindergarten readiness skill development for 3 - 5 year old children
- ◆ 9 months/30 weeks for 2-5 days/week in 2 or 3 hour sessions
- ◆ Buffalo, Hanover and Montrose classroom sites

### Spring Into Preschool 2020-2021

- ◆ Social/emotion skill development to prepare 2.5 - 3.5 year old children for preschool in a parent/child preschool class
- ◆ Thursday mornings - parents attend designated dates

For more information about all our preschool options such as availability, times and fees, visit [bhmschools.org](http://bhmschools.org) or call ECFE at 763.682.8780.

### Early Childhood Screening

Call 763.682.8780 to schedule your child's appointment:

Thursday, June 25  
 Thursday, July 9  
 Thursday, July 16  
 Wednesday, August 12

### Every Family Counts!

Are you on the school census? Call 763.682.8737 if you:

- ◆ Recently had or adopted a child
- ◆ Moved to this district and/or
- ◆ changed your address
- ◆ Did not receive this catalog in the mail



### Registration is Easy!

**Online**

[bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)

**By Phone**

763.682.8780 ECFE  
 763.682.8770 Community Ed





Lori Trogstad, 763.682.8787 or ltrogsta@bhmschools.org

KidKare provides a safe, nurturing, and fun atmosphere for children during the summer months, emphasizing the development of social, emotional, physical and intellectual skills.

- ◆ Open June 8 – September 1
- ◆ 6 am – 6:30 pm
- ◆ 5 Summer Sites:
  - Hanover (ages 3 to grade 7)
  - Montrose (grades K-7)
  - 3 Buffalo Sites (ages 3 to grade 7)
- ◆ Breakfast, lunch and snack served at no extra cost
- ◆ Weekly themes with age appropriate activities include: science, cooking, art/crafts, gym time, outside time, field trips, and more
- ◆ **Daily health checks and social distancing guidelines will be followed**

### Register for Summer KidKare today!

- ◆ Online at [bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)
- ◆ Call Lori Trogstad, Coordinator, at 763.682.8787

*"Everyone at KidKare is so helpful, whether it's regarding scheduling or just a general question. I have always been impressed with the knowledge and easy going demeanor of the staff."*

- KidKare parent

#### Summer KidKare Sites:

<b>Hanover Elementary</b> 763.682.0870	<b>Parkside Elementary</b> 763.682.8746
<b>Montrose Elementary</b> 763.682.8360	<b>Tatanka Elementary</b> 763.682.8631
<b>Northwinds Elementary</b> 763.682.8830	

#### Summer Contract Rates:

	Daily	Half Day	Hourly
<b>First Child</b>	\$36	\$25	\$7
<b>Add'l Children</b>	\$34	\$23	\$6.50

Non-refundable family registration fee \$50 – includes summer and 2020-21 school year.



**COMING SOON!**

**2020-21 School Year  
Registration opens  
Monday, June 22**

Visit  
[bhmschools.org/kidkare](http://bhmschools.org/kidkare)  
to view and print the parent hand-  
book, registration forms, and  
attendance form.

## ■ ■ ■ Open Swim, Pool Info & Aquatic Classes

### Buffalo Community Middle School Pool Summer Open Swim

Mondays & Wednesdays, 2 - 4 pm  
July 6 - July 29



- ◆ Enter door #3, lower west side
- ◆ A lap lane is designated
- ◆ Fee for open swim and/or open gym is \$5/person or \$10/family

#### About Our Pool

- ◆ The pool is located at the Buffalo Community Middle School. Enter door #3 (lower west side)
- ◆ Pool participants are responsible for their own valuables. We recommend bringing a lock. These locks must be removed after each swim visit
- ◆ Appropriate swimwear is required
- ◆ Pool depth ranges from 3 feet 6 inches to 12 feet
- ◆ An adult must accompany children if under 48 inches in height
- ◆ The use of approved life jackets/vests and other floatations are allowed when **accompanied by an adult in the water**
- ◆ Non-swimmers wishing to watch can sit in the bleacher area
- ◆ To use the deep end of the pool, swimmers must be able to swim the width of the pool using the American Red Cross Level 3 front crawl. Swimming ability will be at the lifeguard's discretion
- ◆ Children are not allowed to jump off the diving boards into the arms of an adult in the water
- ◆ Open swim passes available at the Community Education office or the pool. **10 individual for \$40 or 10 family for \$90**

#### Wright County WAVE Swim Club

Interested in joining or want more information, visit [waveswimclub.com](http://waveswimclub.com)

Not affiliated with BHM Schools.

#### Water Workout

Water Workout consists of aquatic exercise that will emphasize gentle, stationary stretching and toning exercise. Participants choose the pace of their workout.

##### SU5501

Mondays, July 6-27 (ongoing) 8 - 8:50 pm  
Buffalo Community Middle School Pool

- ◆ \$5 per class or
- ◆ \$39 for 10 times bargain punch card
- ◆ \$59 for 20 times bargain punch card
- ◆ Punch cards can be purchased at the pool

#### Adult Swimming Learning the Basics

Class is designed to teach adults the basic fundamentals of propelling themselves through the water. The use of a personal floatation device (life jacket) will assist in water relaxation and floating.

##### SU5121

Mondays, July 6-27 8 - 8:50 pm  
4 sessions - \$59  
Buffalo Community Middle School Pool



#### Lifeguarding Course r.17

The primary purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. This program offers a choice of Lifeguarding/First Aid/CPR/AED courses to meet the various training needs of a diverse audience. **Candidates must be at least 15 years old on or before the final scheduled session and complete a swim skills test on the first day of class.** Those who do not pass the skills test will be given a full refund.

##### SU5600

July Class TBD - Call Sheila at 763.682.8752 for schedule  
Buffalo Community Middle School Pool  
and classroom TBD  
4 Sessions - \$199 **(Bring a bag lunch Sat & Sun)**



American Red Cross **Learn to Swim** offers six comprehensive levels to teach students how to swim skillfully and safely. The pre-requisite for each level is the successful demonstration of skills from the preceding level. **The shallow end of the pool is 42". Therefore, children must be 48" tall and at least 6 years old to participate in levels 1-6.** Children under 48" in height should enroll in the **Preschool Aquatics**. Each level of **Learn to Swim** includes basic water safety and helping a swimmer in distress.



<b>Parent and Child Aquatics</b> <b>Preschool Aquatics</b> 25 minute each session Fee: 8-sessions, \$59	<b>Learn to Swim:</b> <b>Levels 1-6</b> 45 minutes each session Fee: 8-sessions, \$64
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**The pool is located at the Buffalo Community Middle School Enter door #3, lower west side**

**Parent and Child Aquatics**

**(6 months to 3 years) Fee: \$59**

Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills such as arm and leg movements and breath control. Each level is fun-filled and introduces water safety.

**Parent Child 1**

- ◆ Change body position in the water
- ◆ Learn how to play safely
- ◆ Experience wearing a life jacket

**Parent Child 2**

- ◆ Expectation for adult supervision
- ◆ Enter and exit the water safely
- ◆ Submerge in a rhythmic pattern

**Preschool Aquatics (4-5 years old)**

**Fee: \$59**

Children learn basic aquatic safety, survival and swimming skills while increasing comfort level in and around the water. Skills are age-appropriate, helping children achieve success and enjoy social interactions with other children. As in all Swimming and Water Safety courses, your child will always know it's safety first.



**Learn to Swim Levels 1-6 (age 6+)**

**Level 1: Intro to Water Skills**

Orient participants to the aquatic environment and help gain basic aquatic skills. Begin to develop positive attitudes and safe practices around water.

**Level 2: Fundamental Aquatic Skills**

Build on basic aquatic skills, water safety and concepts learned in level 1.

**Level 3: Stroke Development**

Build on skills learned in Levels 1 and 2 to help participants achieve basic competency in a pool environment. Head first entry, survival floating and treading water.

**Level 4: Stroke Improvement**

Improve participants' proficiency in performing swimming strokes introduced in Level 3. Swim front crawl 25 yards, breaststroke, back crawl and butterfly 15 yards.

**Level 5: Stroke Refinement**

Participants refine their performance of all six swimming strokes (front and back crawl, butterfly, breaststroke, elementary backstroke and sidestroke).

**Level 6: Skill Proficiency**

Preparing students to participate in more advanced courses. **See swim charts for specific component.**

# Summer Swimming Lessons

Pool is located at the Buffalo Community Middle School - Use door #3, lower level

<b>Summer Pool Session B</b> July 6 - 16 (Monday-Thursday)				
11:30 am	Level 1 SU5311B	Level 3 SU5331B	Level 4 SU5341B	Level 5 SU5351B
12:30 pm	Level 1 SU5312B	Level 2 SU5321B	Level 3 SU5332B	Level 6 SU5361B <i>Diving</i>
1:30 pm	Pre-School SU5201B	Pre-School SU5202B	Parent Child 1 SU5001B	Parent Child 2 SU5101B
Open Swim, 2-4 pm, Mondays & Wednesdays (\$5/person, \$10/family)				
4 pm	Pre-School SU5203B	Level 2 SU5322B	Level 3 SU5333B	Level 4 SU5342B
4:30 pm	Parent Child 1 SU5002B			
5 pm	Parent Child 2 SU5102B	Level 4 SU5343B	Level 5 SU5352B	Level 6 SU5362B <i>Personal Safety</i>
5:30 pm	Pre-School SU5204B			
<b>Parent/Child &amp; Preschool: \$59 Levels 1-6: \$64</b>				



<b>Summer Pool Session C</b> July 20 - 30 (Monday-Thursday)				
11:30 am	Level 1 SU5311C	Level 2 SU5321C	Level 3 SU5331C	Parent Child 1 SU5001C
12 pm				Parent Child 2 SU5101C
12:30 pm	Level 1 SU5312C	Level 2 SU5322C	Level 3 SU5332C	Level 5 SU5351C
1:30 pm	Pre-School SU5201C	Pre-School SU5202C	Level 6 SU5361C <i>Diving</i>	
Open Swim, 2-4 pm, Mondays & Wednesdays (\$5/person, \$10/family)				
4 pm	Level 1 SU5313C	Level 2 SU5323C	Level 3 SU5333C	Level 4 SU5341C
5 pm	Pre-School SU5203C	Parent Child 2 SU5102C	Level 5 SU5352C	Level 6 SU5362C <i>Fitness Swim</i>
5:30 pm	Parent Child 1 SU5002C	Pre-School SU5204C		
<b>Parent/Child &amp; Preschool: \$59 Levels 1-6: \$64</b>				

<b>Summer Beach Session D</b> August 3 - 13 (Monday-Thursday) Pulaski Beach (First day meet at the bath house)			
10 am	Pre-School SU5201D	Level 1 SU5311D	Level 2 SU5321D
10:30 am	Pre-school SU5202D		
11 am	Parent Child 1 SU5001D	Level 3 SU5331D	Level 4 SU5341D
11:30 am	Parent Child 2 SU5101D		
Parents are responsible for child supervision. No lifeguard on duty.			
<b>Parent/Child &amp; Preschool: \$59 Levels 1-6: \$64</b>			





**Bison Training (entering grades 9-12)**

Appropriate training methods taught to produce stronger, more coordinated and confident athletes. Program will include dynamic flexibility, movement preparation, acceleration, footwork, strength training and agility utilized as training modalities. The goal is to build athletes with good training habits and a solid foundation of efficient movement with strength and speed.

SU750A 7-8:30 am

SU750B 8:30-10 am

Mondays, Tuesdays, Thursdays

June 8 - July 30 (No class week July 6-10)

Fee: \$75/session

Buffalo High School Weight Room

Staff



**Jr. Bison Football Registration**

The football season begins mid-August and concludes mid-October. Grades 1-2 play flag football. Grades 3-6 play tackle football. ***\*Each student playing tackle is required to provide their own helmet.***

Teams practice one to two times per week in the evening and games are played Saturday mornings. There will be no special arrangements of players and we set our grade levels for safety and liability. **This program relies heavily on volunteers to ensure its success. We can't have teams without coaches!**

**Plan to Attend In-Person Registration:**

**Saturday, July 11, 9-10:30 am**

**or Tuesday, July 14, 5:30-7 pm**

**Bison Activity Center (at Buffalo High School)**

Online registration is not available at this time.

Questions, contact Community Education 763.682.8770, Todd 763.682.8176 or Jeff 763.682.8177.

## ■ ■ ■ Youth Recreation

Planning continues for summer programs including sports camps. Visit [bhmschools.eleyo.com](http://bhmschools.eleyo.com) for changing camp details.



(Grade enrolled in the fall (2020-21 school year))

### Boys Youth Basketball Camp

SU710A	Gr. 3-5	June 8, 9, 11 (M, T, Th)	Bison Activity Center	10:15-11:30 am	\$50	Varsity Staff
SU710B	Gr. 3-5	June 15, 16, 18 (M, T, Th)	Bison Activity Center	10:15-11:30 am	\$50	T-shirt included
SU710C	Gr. 3-5	July 13, 14, 16 (M, T, Th)	Bison Activity Center	10:15-11:30 am	\$50	T-shirt included

### Boys Middle School Basketball Camp

SU710D	Gr. 6-8	June 9-July 28 (T, Th)	Bison Activity Center	8:30-10 am	\$90	Varsity Staff
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### Boys Varsity Basketball Camp

SU710E	Gr. 9-12	June 8-July 28	Bison Activity Center	7-8:30 am (M, T, Th) 8-9 am (W)	\$145	Varsity Staff
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### Boys Traveling Pre-Tryout Camp

SU710F	Gr. 4-6	August 4 & 6 (T, Th)	Bison Activity Center	9-10:30 am	\$35	Varsity Staff
SU710G	Gr. 7-8	August 4 & 6 (T, Th)	Bison Activity Center	10:30 am-12 pm	\$35	

### Girls Youth Basketball Camp

SU711A	Gr. 3-4	1 week camp, June 15-18 (M-Th)	Bison Activity Center	1-2:30 pm	\$50	Thomas
SU711B	Gr. 3-4	2 week camp, June 15-25 (M-Th)	Bison Activity Center	1-2:30 pm	\$75	T-shirt included
SU711C	Gr. 5-6	1 week camp, June 15-18 (M-Th)	Bison Activity Center	1-2:30 pm	\$50	T-shirt included
SU711D	Gr. 5-6	2 week camp, June 15-25 (M-Th)	Bison Activity Center	1-2:30 pm	\$75	T-shirt included

### Girls Middle School Basketball Camp

SU711E	Gr. 7-8	June 16-July 28 (T, Th)	Bison Activity Center	11:30 am-1 pm	\$90	Stewart/Coaches
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### Girls Varsity Basketball Camp

SU711F	Gr. 9-12	June 16-July 30 (T, W, Th)	Bison Activity Center	9-11 am	\$125	Stewart/Coaches
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### Bison Buddies Co-Ed Basketball Camp

SU712A	Gr. K-2	June 22-24 (M, T, W)	Bison Activity Center	10:30-11:30 am	\$45	Holland
SU712B	Gr. K-2	July 6-8 (M, T, W)	Bison Activity Center	10:30-11:30 am	\$45	T-shirt/Ball included

### Bison Basketball Co-Ed Shooting Camp

SU713	Gr. 4-8	July 20-22 (M, T, W)	Bison Activity Center	10-11:30 am	\$50	Ortmann
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### Bison Swim Camp

SU714A	Ages 10U (Beginner)	July 23, 24, 30, 31 (Th, F)	Buffalo Middle School Pool	8-8:30 am	\$30	Busch
SU714B	Ages 11-14 (Beginner)	July 23, 24, 30, 31 (Th, F)	Buffalo Middle School Pool	8:30-9:30 am	\$60	Free swim cap
SU714C	Ages 11 and Up (Advanced)	July 23, 24, 30, 31 (Th, F)	Buffalo Middle School Pool	9:30-11 am	\$90	Free swim cap

### Bison Diving Camp

SU720A	Gr. 6-12	July 20-23 (M-Th)	Buffalo Middle School Pool	9-11 am	\$65	Barclay
SU720B	Gr. 6-12	July 27-30 (M-Th)	Buffalo Middle School Pool	9-11 am	\$65	

Registration is easy online at [bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)





## Youth Tennis Camps

				QuickStart Tennis Staff	
SU715A	Ages 5-6	June 15-18 (M-Th)	9-10 am	Discovery Courts	\$40
SU715B	Ages 5-6	June 22-25 (M-Th)	9-10 am	Discovery Courts	\$40
SU715C	Ages 5-6	July 13-16 (M-Th)	9-10 am	Discovery Courts	\$40
SU715D	Ages 5-6	July 20-23 (M-Th)	9-10 am	Discovery Courts	\$40
SU715E	Ages 7-8	June 15-18 (M-Th)	10-11 am	Discovery Courts	\$40
SU715F	Ages 7-8	June 22-25 (M-Th)	10-11 am	Discovery Courts	\$40
SU715G	Ages 7-8	July 13-16 (M-Th)	10-11 am	Discovery Courts	\$40
SU715H	Ages 7-8	July 20-23 (M-Th)	10-11 am	Discovery Courts	\$40
SU715I	Ages 9-12	June 15-18 (M-Th)	11:30 am-12:30 pm	Middle School Courts	\$40
SU715J	Ages 9-12	June 22-25 (M-Th)	11:30 am-12:30 pm	Middle School Courts	\$40
SU715K	Ages 9-12	July 13-16 (M-Th)	11:30 am-12:30 pm	Middle School Courts	\$40
SU715L	Ages 9-12	July 20-23 (M-Th)	11:30 am-12:30 pm	Middle School Courts	\$40

<b>Bison Elite Tennis Camp</b>	Buffalo High School Tennis Courts	Watkins
SU717A Varsity Players	June 15-July 2 and July 13-30 (M-Th)	8-10 am \$340

<b>Bison Intermediate Tennis Camp</b>	Buffalo High School Tennis Courts	Watkins
SU717B Gr 8 - JV	June 15-July 2 and July 13-30 (M-Th)	10 am-12 pm \$340

<b>Bison Middle School Tennis Camp</b>	Buffalo High School Tennis Courts	Watkins
SU717C Gr. 6-8	June 15-July 2 and July 13-30 (M-Th)	12-1:30 pm \$215

<b>Bison Youth Football Camp</b>	Buffalo High School Fields	Varsity Coaches
SU721A Gr. 1-5	June 8-10 (M, T, W)	\$50 T-shirt included
SU721B Gr. 6-8	June 8-10 (M, T, W)	\$50 T-shirt included

<b>Boys High School Soccer (Technical Skills &amp; Free Play)</b>	Buffalo High School Field East	Pokorney
SU722 Gr. 9-12	June 9-July 30 (T, Th)	8:30-10 am \$40

<b>Gymnastics Camp</b>	Buffalo High School Gym	Driscoll-Nelson/Pecarina/Olson
SU716 Gr. 6-12	June 9-July 2 and July 13-30 (T, W, Th)	9:30 am-12 pm \$325

<b>Girls Youth Volleyball Camp</b>	Buffalo High School Main Gym	Peterson/Karna
SU724A Gr. 1-4	June 15-17 (M-W)	9-10 am \$50
SU724B Gr. 5-8	June 15-17 (M-W)	10:30 am-12 pm \$75

<b>Bison Volleyball Varsity Camp</b>	Buffalo High School Main Gym	Peterson/Karna
SU724C Gr. 9-12	June 22-July 22 (M, W)	9-11 am (M), 12-2 pm (W) \$100

MVI Camp information - July 27-30. Please contact coach Peterson for questions and registration.

## ■ ■ ■ Youth Recreation

Buffalo High School  
Gymnastics Gym

### Jr. Bison Gymnastics Noncompetitive Program

(No classes  
week of July 6-9)

#### **Parent & Child** (Boys & Girls, 18 mo-3 yr)

Work together with your child to practice various activities (walking beam, foam pit, mats, trampoline). **Fee: \$108**



**SU687A**  
Mondays, June 1-August 17 10-10:45 am

**SU687B**  
Wednesdays, June 3-August 19 4-4:45 pm

#### **Pre-School Level - (Boys & Girls, age 3-4)**

Introduction to positions, basic skills, walking beams, and obstacle course in this "All about FUN" class!

**Fee: \$108**

**SU680A**  
Mondays, June 1-August 17 11-11:45 am

**SU680B**  
Tuesdays, June 2-August 18 4-4:45 pm

**SU680C**  
Wednesdays, June 3-August 19 5-5:45 pm

#### **Beginners - (Girls, age 5+, No Experience)**

Learn basic positions and core skills on all 4 events.

**Fee: \$112**

**SU681A**  
Mondays, June 1-August 17 12-1 pm

**SU681B**  
Tuesdays, June 2-August 18 5-6 pm

**SU681C**  
Wednesdays, June 3-August 19 6-7 pm

#### **Boys Gymnastics - (age 5+)**

Basic skills on bars, floor and vault while utilizing tumble track and foam pit. Focus on strength, technique and coordination. **Fee: \$112**

**SU684**  
Mondays, June 1-August 17 5:30-6:30 pm

#### **Intermediate - (age 5 +, Some Experience)**

**Skill requirement:** bridge and cartwheel. Build on your skills in all 4 events. **Fee: \$135**

**SU682A**  
Mondays, June 1-August 17 4:30-5:15 pm

**SU682B**  
Tuesdays, June 2-August 18 6:15-7:30 pm

**SU682C**  
Thursdays, June 4-August 20 6-7:15 pm

#### **Advanced - (age 8 + with extensive experience)**

**Skill requirements:** back walkover, roundoff on floor, pullover, back hip circle on bars, handstand on high beam. **Fee: \$162**

**SU683A**  
Mondays, June 1-August 17 6:30-8 pm

**SU683B**  
Thursdays, June 4-August 20 4:30-6 pm

#### **Tumbling - (Girls ages 8+)**

Learn gymnastics acro skills for floor utilizing tumble track and foam pit. **Fee: \$112**

**SU685**  
Thursdays, June 4-August 20 6:30-7:30 pm

#### **Jr Bison Gymnastics Camp** (Boys & Girls, age 3-6)


Learn basic gymnastics skills while having lots of fun!

**SU688**  
Tuesday-Thursday, August 4-6 1:30-3:30 pm  
3 sessions - \$79

#### **Bison Gymnastics Camp** (Girls only, age 7+)

Practice and learn gymnastics skills, games, dance, crafts and obstacle course.

**SU688A**  
Tuesday-Thursday, August 11-13 1-4 pm  
3 sessions - \$99



**DRIVERS ED**  
LESSONS FOR THE ROAD OF LIFE

### Summer High School Drivers Education

**Classroom and Behind-the-Wheel**  
(Questions contact Community Ed, 763.682.8770)

**Classroom Instruction:** Includes 30 hours of classroom instruction (as required by law) with a licensed teacher. We recommend student's are age 15 before the end of class so they can take the Written Instructional Permit test as part of the class.

**Behind-the-Wheel Instruction:** Includes 6-hours of behind-the-wheel instruction with a Certified Drivers Education Instructor with a teaching license.

**Parent Involvement:** We offer a Parent and Student Safety Meeting to assist parents with understanding laws and requirements for student drivers. It also reduces parent supervised driving by 10 hours.

- \* For June Classes: Wednesday, June 10, 6-8 pm
- \* For July Classes: Wednesday, July 8, 6-8 pm
- \* Buffalo High School Performing Arts Center

<b>SUDE20A (Distance Learning)</b>	
Monday - Friday, June 8 - 19	8-11 am
10 sessions - \$360	Gunderson & Palmer
Buffalo High School	Room A103 & A104
<b>SUDE20B (Distance Learning)</b>	
Monday - Friday, June 8 - 19	11:15 am-2:15 pm
10 sessions - \$360	Gunderson
Buffalo High School	Room A103
<b>SUDE20C (Distance Learning)</b>	
Monday - Friday, July 6 - 17	8-11 am
10 sessions - \$360	Gunderson
Buffalo High School	Room A103
<b>SUDE20D (Distance Learning)</b>	
Monday - Friday, July 6 - 17	8-11 am
10 sessions - \$360	Palmer
Hanover Elementary	Media Center
<b>SUDE20E (Distance Learning)</b>	
Monday - Friday, July 6 - 17	8-11 am
10 sessions - \$360	Davidson
Montrose Elementary	Media Center
<b>SUDE20F (Distance Learning)</b>	
Monday - Friday, July 6 - 17	5-8 pm
10 sessions - \$360	TBD
Buffalo High School	Room A103

### PrepStar Premium ACT Class

To receive great ACT scores for college admissions, students now need training and coaching more than ever before. PrepStar Premium is a 24-hour ACT preparation course unlike any other. The class is thorough, challenging and extremely effective.

**This class includes:**

- ◆ extensive content review
- ◆ effective strategies
- ◆ outstanding teachers
- ◆ 3 full ACT practice tests
- ◆ detailed score reports from practice tests
- ◆ online scoring for immediate results
- ◆ make-up content available via video
- ◆ guaranteed results for students who have already taken the ACT test!

**SU1201**

Monday, Tuesday, Thursday, Friday  
 August 17, 18, 20, 21                      9 am-3:30 pm  
 4 sessions - \$349                              Nancy Eynick  
 Buffalo High School                              Room C122





■ ■ ■ *Enrichment*

**July 6 - 10**



**Introduction to Aviation I (Ages 8-12)**

Come gain an inside look at the world of aviation! Students will receive a basic introduction to how airplanes fly, how they navigate, and how weather affects them. You will also learn about local aviation opportunities, including how to receive a free airplane ride! **The final day of class will be held at the Buffalo airport where you will have the opportunity to inspect an airplane as well as tour the airport.**

**SU654A**  
 Monday-Thursday, July 6-9  
 4 sessions - \$50  
 Discovery Center  
 1 - 2:30 pm  
 Room 204

**Introduction to Aviation II (Ages 13-17)**

Come get an insider's look at the world of aviation! We will learn about aerodynamics, navigation, weather, and air traffic control, as well as, talk about various career opportunities in the field of aviation - even local opportunities. Learn how to receive a free airplane ride and a free flight lesson! **The final day of class will be held at the Buffalo airport where you will be able to inspect an airplane and tour the airport.**

**SU654B**  
 Monday-Thursday, July 6-9  
 4 sessions - \$50  
 Discovery Center  
 9:30 - 11 am  
 Room 204

**KidCreate: Slime-Tastic (Ages 5-12)**

It's a slime takeover! In this camp, slime is the main event. We'll explore different slime recipes as we create tons of gooey, sparkly, stretchy, messy goo. Out-of-this-world glitter solar system slime, confetti cake slime and bubblegum scented slime, we will make a different kind of slime each day, throwing in some painting and sculpting also. Roll up your sleeves and get ready for this Slime-Tastic experience!

**SU691**  
 Tuesday & Wednesday, July 7 & 8  
 2 sessions - \$79  
 Discovery Center  
 1 - 4 pm  
 Room 202



**July 6 - 10**

**Artistic Me Game Board Fun (Grades 2-7)**

Create your own game board from a wood slice and painted rocks. The game pieces will fit nicely into the drawstring bag and attach to the game board. You will be using acrylic paints for this activity so be sure to wear paint-friendly clothing!



**SU633**

Tuesday, July 7 1-2 pm  
1 session - \$20  
Artistic Me (205 5th Street, NE, Buffalo)

**Artistic Me Little Houses (Grades K-8)**

Little houses are all the rage and what would be more fun than creating a little house for your fairy garden? Use brightly colored glaze and patterns to make this house a focal point in the garden. Your project will be fired in the kiln and can be picked up at Artistic Me at a later date.



**SU629**

Thursday, July 9 1-2 pm  
1 session - \$24  
Artistic Me (205 5th Street, NE, Buffalo)

**July 13-17**



**Battle Drones (Grades 3-8)**

Come learn from an experienced drone pilot how to complete challenges and earn your Drone Pilot's license. Once certified, you will take to the skies with your new flying skills and compete with each other in exciting, aerial laser tag battles. You will work with a team and use your critical thinking skills to develop strategies for each aerial competition. **Bring a bag lunch Monday and Tuesday.**

**SU646**

Monday - Wednesday, July 13-15  
Monday & Tuesday - 9 am - 4 pm  
Wednesday - 9 am - 12 pm  
3 sessions - \$99  
Discovery Center Room 204

■ ■ ■ *Enrichment*

**July 13-17**

**Artistic Me Wizardly Wands**  
(Grades 2-7)

Whether you are a fan of wizardry or fantasy, these wands are fun to make. You will customize your 16" wand to your liking using acrylic paints. Please wear paint-friendly clothing! Your project will be fired in the kiln and can be picked up at Artistic Me at a later date.

**SU634**

Tuesday, July 14 1-2 pm  
1 session - \$12  
Artistic Me (205 5th Street, NE, Buffalo)



**KidCreate: The Marvelous Marvels**  
(Ages 4-9)

Calling all superheroes and superhero superfans! In this camp we will harness our superpowers as we create art inspired by all of our favorite Marvel stars - Ant Man, Captain Marvel, and so many more. We'll sculpt a Black Panther mask that actually glows in the dark. If you are ready for the marvelous - this camp is for you!

**You may bring a nut free snack and beverage to class.**

**SU692**

Wednesday & Thursday,  
July 15 & 16  
1 - 4 pm  
2 sessions - \$79  
Discovery Center  
Room 202



**July 20 - 24**

**Unlock the Mystery: Digital "Escape Room" Number Themed Breakouts**  
(Grades 4-6)

Unleash your inner detective and level-up your digital learning! The clock is ticking! You will find clues, figure out puzzles, crack codes and open locks to solve fun digital challenges. Players will practice the 21st-century skills of collaboration, critical thinking, communication and creativity in their quest to "break out" and achieve victory! The game theme for this session is NUMBERS!

**SU640A**

Monday-Thursday, July 20-23 9-11 am  
4 sessions - \$42  
Parkside Elementary Room 210



July 20 - 24



**KidCreate: Let's Draw (Ages 5-12)**

If its' drawing, sketching, and cartooning you're into, then this is the camp for you! In this introductory drawing camp, we'll learn basic techniques and principles of drawing as we create puppies, ponies, people and more. You will master a simple step-by-step method that is essential to creating memorable drawings. Everyone will get to take home their own How To Draw booklet. **You may bring a nut-free snack and beverage to class each day.**

**SU693**

Wednesday & Thursday, July 22 & 23 1 - 4 pm  
 2 sessions - \$79  
 Discovery Center Room 202



**Artistic Me Fingerprint Platter (Grades 2-7)**

Mom's and grandmom's will love using this cute 12"x6" serving platter when decorated with a fingerprint garden scene made by you! Learn how to create animals and flowers using fingerprint art and underglaze pencils. Your project will be fired in the kiln and can be picked up at Artistic Me at a later date.

**SU628**

Thursday, July 23 1 - 2 pm  
 1 session - \$24  
 Artistic Me  
 (205 5th St, NE, Buffalo)



# August 3 - 7

## Unlock the Mystery: Digital “Escape Room” Holiday Themed Breakouts (Grades 4-6)

Unleash your inner detective and level-up your digital learning! The clock is ticking! Your group has to find clues, figure out puzzles, crack codes and open locks to solve fun digital challenges. Players will practice the 21st-century skills of collaboration, critical thinking, communication and creativity in their quest to “break out” and achieve victory! Game theme for this session is HOLIDAYS!

### SU640B

Monday-Thursday, August 3-6	9-11 am
4 sessions - \$42	
Parkside Elementary	Room 210

## Artistic Me Light the Way (Grades 1-7)

Paint this fun lantern jar you can use to decorate your room or use by the campfire. An LED tea light is included. Your project will be fired in the kiln and can be picked up at Artistic Me at a later date.



### SU636

Tuesday, August 4	1-2 pm
1 session - \$20	
Artistic Me (205 5th St, NE, Buffalo)	



**Please register at least one-week prior to class start date. Classes with low enrollment will be canceled at that time.**



■ ■ ■ *Enrichment*

**August 10 - 14**

**Artistic Me Birds on a Branch**

**(Grades 3-7)**

Create a whimsical 12x4 suncatcher using bright pieces of colorful glass. This fun project can be adapted to make it your own. The design possibilities are endless. Your project will be fired in the kiln and can be picked up at Artistic Me at a later date.

**SU637**

Tuesday, August 11 1-2 pm  
 1 session - \$30  
 Artistic Me (205 5th Street, NE, Buffalo)



**Artistic Me Home Tweet Home**

**(Grades 1-7)**

These birdhouses are adorable when painted with brightly colored acrylic paints. Mom would love this fun whimsical addition for the patio pot or in your favorite fairy garden. The birdhouse measures approximately 5" tall and will be mounted on a 13" hardwood spindle.



**SU666**

Thursday, August 13 1 - 2:30 pm  
 1 session - \$18  
 Artistic Me (205 5th Street, NE, Buffalo)

**August 17 - 25**

**Artistic Me Ice Cream Floats**

**(Grades 1-7)**

Come paint a malt glass that can be used for malts, floats, or as a flower vase. After painting, you will get an ice cream float to cool down. Your project will be fired in the kiln and can be picked up at Artistic Me at a later date.



**SU638**

Tuesday, August 18 1 - 2:30 pm  
 1 session - \$24  
 Artistic Me (205 5th Street, NE, Buffalo)

**Artistic Me Bird Chime**

**(Grades K-5)**

A cute little bird will be a favorite hanging in the window or from a tree branch. Decorate your bird using colorful bits of glass. Once fired a chain and bell will be added to complete the chime. Your project will be fired in the kiln and can be picked up at Artistic Me at a later date.



**SU667**

Thursday, August 20 1 - 2 pm  
 1 session - \$30  
 Artistic Me (205 5th Street, NE, Buffalo)

**Artistic Me Campfire Buddies**

**(Grades 2-7)**

This class is for all who like to color! We have the design already fired onto the plate making it easy for all ages to create a masterpiece. Your project will be fired in the kiln and can be picked up at Artistic Me at a later date.



**SU639**

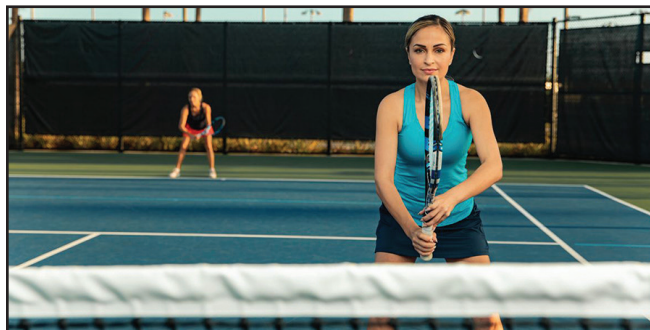
Tuesday, August 25 1 - 2:30 pm  
 1 session - \$23  
 Artistic Me (205 5th Street, NE, Buffalo)



### Open Pickleball

Pickleball is a sport created for all ages and skill levels. It combines elements of tennis, badminton, and ping-pong into a fun court game that is easy for beginners to learn and challenging enough for competitive play. No registration required- just show up and play!

Wednesdays, June 3-August 26  
6-8pm  
Buffalo Community Middle Schools Courts



### Adult Doubles Tennis!

Grab a partner and a racquet and hit the court in this weekly drop in league. People can come alone or with a friend. No need to register... just show up!

Tuesdays, June 9-July 28  
8 Sessions- Free  
Buffalo High School

7-8:30 pm  
Tennis Courts

### T'ai Chi at Sturges Park

T'ai Chi is an ancient Chinese system of movements for health and self-defense. By doing T'ai Chi you will enhance your well-being by providing your cells with more oxygen, giving you more stamina and vitality. T'ai Chi Chaun/Qigong is great for relaxation, stress reduction, quiets the mind, enhances energy, relieves aches and pains, and it helps promote better balance and control of your body. Wear loose fitting, comfortable clothes. Instructor is Ed O'Donnell of Buffalo Karate Association.

#### SU802

Tuesdays, June 9-August 18  
Beginner: 6-7 pm, Intermediate/Advanced: 7-8 pm  
11 sessions- \$66/first person, \$25 each additional family member  
Sturges park Bandshell



## Health & Wellness



### Calm and Gentle Yoga

This flowing yoga class links poses to create strength, flexibility and balance. Breath awareness and breathing exercises are incorporated to help remove tension and lessen stress. A well-rounded class for a wide variety of participants and ability levels – all poses can be modified to fit the individual's flexibility level. **Please bring a yoga mat or large towel.**

#### SU1262B

Wednesdays, July 8-29  
4 sessions - \$25  
Discovery Center

6:30-7:30 pm  
Elizabeth Muellerleile  
East Gym

#### SU1262C

Wednesdays, August 5, 12, 19  
3 sessions - \$18  
Discovery Center

6:30-7:30 pm  
Elizabeth Muellerleile  
East Gym

### Qigong Saturday Sampler

Come sample the benefits of Qigong. Qigong will enhance the quality of your life and the lives around you. Join us on Saturdays to experience the activity and further enhance your Qigong work. This practice is open for those just interested to all levels. Instructor Greg Hegi is a level 4 Healer and Instructor.

10 am-12 pm                      \$5 per session  
Discovery Center                Board Room

SU1257B - Saturday, July 11

SU1257C - Saturday, August 8

## Journey To A Healthier You

### Hypnosis: Weight Loss, Stop Smoking and Chewing Tobacco

Hypnosis can help you control your eating habits and cravings. You will stop over eating and snacking in between meals and in the evening. Learn to eat healthy and get motivated to walk and exercise.

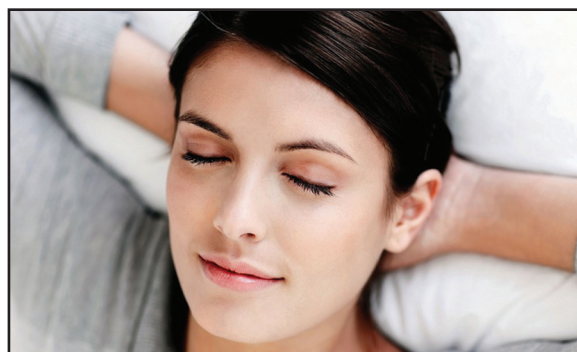
If tobacco is controlling your life, health and money, hypnosis can help you stop smoking and/or chewing without withdrawal, cravings or weight gain.

- ◆ Tuesday, July 21
- ◆ Discovery Center      Board Room
- ◆ All participants check-in at 5:45 pm
- ◆ 6-6:45 pm Introductions for all
- ◆ \$59 each or \$119 for both sessions
- ◆ Includes reinforcement CD and free reinforcement
- ◆ Lifetime members – Free, but registration required
- ◆ Bring a pillow, blanket or sleeping bag for added comfort

SU1235A 6:45-7:45 pm - Weight Loss Hypnosis

SU1235B 7:45-8:45 pm - Smoking and tobacco Hypnosis

SU1235C 6:45-8:45 pm - Both Weight Loss and Smoking





## Puppy Training

This six-week class is for all breeds of puppies, age 8 weeks to 4 months old. Each class begins with 15 minutes of puppy play and socialization. Throughout the six-weeks, we work on basic obedience including leash walking, sit, down and stay. We address issues as needed such as biting, house breaking, crate training, etc. Classes are held indoors in a heated/AC facility with matted floors. Puppies should have their first set of shots including first Parvo/distemper and Bordatella (optional). Young handlers are welcome accompanied by a parent. **Students should bring a regular buckle collar, 6- foot leash and plenty of soft dog treats to class. Register to begin any Monday night.**

### SU1239

Mondays, ongoing (let us know when you wish to begin)  
6-7 pm  
6 sessions - \$100  
Water's Edge Dog Center

Dan Rode

## Dog Obedience

This eight-week class is for all breeds of dogs 5 months and older. We work on heeling on leash, sit, down, stay, stand for groom and vet exam. We also work on good manners around people and other dogs. Classes are held indoors in a heated/AC facility with matted floors. Dogs need to be up to date on vaccinations including distemper, rabies, parvo, and bordatella (optional). Young handlers are welcome accompanied by a parent. **Students should bring a regular buckle collar, 6- foot leash (no flexi-leads) and plenty of soft dog treats to class. Classes held at Water's Edge Dog Center.**



### SU1238C

Tuesdays, Call for start date  
8 sessions - \$130  
7-8 pm  
Dan Rode

### SU1238D

Tuesdays, July 21-September 8  
8 sessions - \$130  
8-9 pm  
Dan Rode



**Please register at least one-week prior to class start date. Classes with low enrollment will be canceled at that time.**



Teens and Adults of Any Age... For Any Occasion!

## Ballroom Dancing

Learn easy steps and turns in popular ballroom dances, including waltz, foxtrot, and swing, salsa, and more. Dance in sync, gain confidence, & have fun on the floor in surprising little time! Practice your moves to uplifting songs played at most social gatherings & weddings. Spice up your relationship with 4 fun-filled date nights & create a lifelong hobby to enjoy together! The perfect course for anyone getting married or preparing for an upcoming event. Couples stay together & singles rotate w/other singles. This class is open to teens and adults of all ages, and prior students are encouraged to return for practice! Free make up lessons. For more information, visit [www.ConstantineDance.com](http://www.ConstantineDance.com).

### SP1268

Mondays, September 21-October 12  
4 sessions - \$55  
Parkside Elementary

7-8:30 pm  
Deanna Constantine  
Gym

## Summer Ceramics

This class is for beginner or intermediate skilled people who would enjoy throwing the pottery wheel. Come learn a new skill or sharpen your skills at the wheel. Instructor Jon will give demonstrations. The majority of class time will be open work time on the wheel. There will be a chance to glaze finished work as well. **A \$20 material fee is payable to the instructor at class. Please bring an old towel to class.**



### SU1255

Mondays, Wednesdays, Thursdays, July 6-22  
6:30-8 pm  
8 sessions - \$99  
Buffalo High School

(Project pick up on July 23)  
Jon Holtz  
Room D-106 (Enter Door 4)

## Photo Organization - A Virtual Online Experience

Are your photographs in a box, drawer, suitcase, phone, camera chip, external hard drive or all of the above? Are they securely backed up? Understand why photo organization/scrapbooking is more difficult today versus years ago. The number one goal is to SAVE - ORGANIZE - SHARE your photos. Discover alternatives to get every printed/digital photo, video and memorabilia in one location... from scanning to storage and organization. Leave with options to access every photo you own and be able to share with family and friends. **You need an email and home computer/device to access this class! Include your email with registration and watch for your invite!**



### SU1006V

Thursday, June 25  
1 session - \$19

7-8:30 pm  
SusanDe-Jute

Online via Zoom

## Buffalo Model Railroad Club

All aboard! If you like trains or things that go, this class is for you. This hobby will teach you the basic construction, electrical and mechanical principles. This is also a great application of artistic ideas and encourages creativity. The activity will help members understand the importance of transportation history and industry trends for the future. Recommended age is eight and up but all ages are welcome. Club leader is an experienced model railroader.

### SU1232

Thursdays, July 9, 23, August 6  
3 sessions - \$15 (summer membership)  
Discovery Center

6-8 pm  
Board Room  
(enter door 2)

## Leaf Dish

Create this wonderful leaf dish by layering pottery glazes. These unique glazes have a reaction and flow when fired in the kiln. Choose your colors to create a spring, summer or fall colored leaf and be amazed at the professional looking results. You will return to Artistic Me to pick up your item at a later date.



### SU1001

Friday, July 10  
1 session - \$20  
Artistic ME, 205 5th St NE Buffalo

6-8 pm  
Mary Randell

## Field of Flowers

Enjoy creating a field of flowers using the ancient art of glass fusing. This 6" x 10" glass sun catcher is made by laying colorful glass, stringers and frit which is then fired in a kiln. High temperature hooks will be added so that a chain or ribbon can be used for hanging. You will return to Artistic Me to pick up your item at a later date.



### SU1002

Thursday, July 16  
1 session - \$36  
Artistic ME, 205 5th St NE Buffalo

6-8:30 pm  
Mary Randell

## Retro Designed Stacked Plate

Create this elegant 8" x 8" black and white stacked plate. This plate is created using a special fire-light white glass that when placed on black produces shades of light gray to white. Have fun cutting the pieces and creating the stacks of glass that when fired will produce a stunning design. You will return to Artistic Me to pick up your item at a later date.



### SU1003

Thursday, August 6  
1 session - \$56  
Artistic ME, 205 5th St NE Buffalo

6-8:30 pm  
Mary Randell



### Russian Piping Cupcakes

Learn a new decorating technique using Russian Piping tips. This easy one step process will turn the average cupcake or cookie into a professional work of art. This class will focus on summer flowers and the color palate that warms the season. **Participants should bring 4-6 cupcakes or cookies ready for decorating along with a container to transport home.**

**SU1010**

Tuesdays, August 18  
1 session - \$29  
Discovery Center

7-9 pm  
Lily Lantto  
Room 204



### Intro to Amateur Astronomy

Learn about star constellations by season, types of celestial objects that can be observed, equipment and technology. After this presentation you will have a new appreciation for the night sky. Join us to enhance your star gazing experience.

**SU1011**

Thursday, July 16  
1 session- \$10  
Discovery Center

6:30-8 pm  
Patrick Drigans  
Board Room



*If you were to plant a new hobby,  
what would it be?*

ADULT PROGRAMS

### Learn to Crochet – Adult Beginners

We will make a spa basket with bulky yarn and a big hook – you’ll be surprised how quickly this project works up. Come after work for a fun night with friends! **No experience necessary. Supplies included!**

**SU1260**

Monday, July 27  
1 session - \$35  
Discovery Center

6-8:30 pm  
Abbey Swanson, The Firefly Hook  
DO Conference Room (Enter Door 2)



### Learn to Weave - Adult Beginners

Come learn to weave or grow your weaving skills and make a wall hanging with teacher Abbey Swanson of The Firefly Hook. We will weave with bulky yarn so you can take your completed projected home with you. **No experience necessary. Supplies included!**



**SU1261**

Tuesday, July 28  
6-8:30 pm  
1 session - \$35  
Discovery Center

Abbey Swanson, The Firefly Hook  
DO Conference Room (Enter Door 2)



## Enrichment



### 4-Hour Defensive Driving Refresher

If you have taken a state approved 8-hour Defensive Driving course in the past, you can renew your car insurance discount by taking this state-approved refresher course. There is no driving and no test. **You will receive a certificate of completion. Full attendance is required.**

#### SU1234B

Wednesday, July 29  
1 session - \$25  
Discovery Center

5:15-9:15 pm  
MN Safety Council  
Board Room

### 8 Hour Defensive Driving

If you are 55 or older, save money on your car insurance premiums and become a better driver! This course is taught by a professional, certified instructor. The course is two classroom sessions - no driving or test required. **You will receive a certificate of completion. Attendance at both sessions is required to receive credit.**

#### SU1236

Tuesday & Wednesday, August 18 & 19  
2 sessions - \$29  
Discovery Center

5:15-9:15 pm  
MN Safety Council  
Board Room

### Podcasting

Learn how to produce and distribute a podcast and take part in one as well in this class delivered by Bob Sansevere, a member of the KQ Morning Show for more than 30 years and host of The BS Show daily podcast for the last five years. You will learn what you need and what you need to know to put together your own podcasts from someone who has been there, done that and continues to do that. You also will be a guest on a podcast that will be produced during this fun, fast-paced and informative 90 minutes course.

#### SU1235

Tuesday, August 4  
1 session - \$15  
Discovery Center

6-8:30 pm  
Bob Sansevere  
Room 204



Bob Sansevere is a member of the KQ Morning Show and host of The BS Show a daily podcast.

### Retirement & Estate Strategies

Managing your estate in retirement takes careful planning and understanding of an ever-changing landscape of financial considerations. This workshop will help attendees learn how to accumulate and distribute money for retirement, learn different strategies that may help them retire more confidently and wisely pass on money to heirs or charities.

#### SU1206

Thursday, July 23  
1 session - \$15  
Discovery Center

6:30-7:30 pm  
Justin Bettinger  
DO Conference Room



**Please register at least one-week prior to class start date. Classes with low enrollment will be canceled at that time.**



**Savvy Tax Strategies**

This workshop helps attendees learn how an efficient retirement tax strategy can help avoid mistakes and help keep more of their hard-earned money.

**SU1201**

Tuesday July 7 6:30-7:30 pm  
 1 session - \$15 Justin Bettinger, Thrivent Financial  
 Discovery Center Room 204

**Savvy Social Security**

Learn strategies to maximize your Social Security benefits, including five factors to consider when deciding when to apply for benefits, how to minimize taxes on Social Security benefits and how to coordinate Social Security with your other sources of retirement income.

**SU1202**

Tuesday August 4 6:30-7:30 pm  
 1 session - \$15 Justin Bettinger, Thrivent Financial  
 Discovery Center Room 204

**A Bench in the Sun**

by Ron Clark

Daytrippers Dinner Theatre, Bloomington

Wednesday, September 9



When Adrienne Bliss, a once famous actress, moves into Valley View Gardens retirement home, Burt and Harold, two longtime friends, compete for her attention. Think the Odd Couple + Sunshine Boys + Grumpy Old Men = "A very wise, very moving, and most of all, very funny story!" says Mel Brooks.

**Lunch Entrees:** Champagne Chicken, hand carved roast loin of pork, country sausage with sauerkraut, salad bar, red potatoes, green beans, rolls, gourmet brownie and Coffee or Tea.

**SU2020C**

- ◆ Coach bus departs the east side of Discovery Center, door 1, at 11 am
- ◆ Luncheon at 12:15 pm, Show time 1:15-3:30 pm
- ◆ Bus returns to Buffalo approximately 4:30 pm
- ◆ \$79 fee includes lunch, show, coach bus and chaperone
- ◆ Registration deadline August 21

**Cancelled**

**Minnesota State Fair Trip**

Thursday, August 27



Grab a friend and hop on the school bus to, "The Great Minnesota Get Together!"

**SU2020A - Plan A** (Transportation and admission ticket):  
 \$39/person or \$69/couple or buddy

**SU2020B - Plan B** (Transportation only):  
 \$29/person or \$49/couple or buddy

- ◆ School bus departs east side of Discovery Center, door 1, at 7 am
- ◆ Bus departs from the State Fair at 5 pm
- ◆ Bus arrives back in Buffalo approximately 6 pm
- ◆ **Deadline to register is August 6**

■ ■ ■ *Adults with Disabilities (age 16+)*

## What is Opening Doors?

**Opening Doors is a program for Adults with Disabilities (ages 16+).** This program offers classes/activities in the school districts of Buffalo-Hanover-Montrose, Big Lake, Becker, Howard Lake-Waverly-Winsted and Monticello. Specialized activities offer educational, social, life skill and recreation learning opportunities for adults with a disability. **Only activities in the Buffalo area are listed in this catalog.** For activities in the other school districts, visit [bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com), or request the current Opening Doors catalog by calling 763.682.8770.



**Looking beyond disabilities... *Focusing on abilities!***

### Activities

#### Q-Tip Daisies

Soft texture can be fun to work with and we have a creative way to use the soft things in your home to make a great piece of art for you or to give as a gift. We promise this daisy won't wilt!

**S316B**

Tuesday, July 14 6:30-7:30 pm  
1 session - \$9  
Buffalo Discovery Center Room 204

#### Blissful Bird Feeder

Bird watching can be a great summer past time. We will make a bird feeder for you to take home so that you can attract those feathered friends. We will have a couple of different feeders that you can choose from, all of course will have that bird attractability!

**S317B**

Tuesday, July 28 6:30-7:30 pm  
1 session - \$10  
Buffalo Discovery Center Room 204



#### Summertime Bingo

B-I-N-G-O, spells an evening of summer fun! Join your friends for prizes, laughter and a slice of pizza!

**S383B**

Friday, August 7 6-8 pm  
1 session - \$10 or \$6 for just pizza  
Buffalo Discovery Center Board Room

#### Ice Cream Sundae Kits

We will build a sweet kit containing a variety of toppings to make a summer time ice cream sundae when you get back home. Build your own sundae to sample in class too... yum!

**S317B**

Wednesday, August 19 6:30-7:30 pm  
1 session - \$11  
Buffalo Discovery Center Room 204





**Recreation**

**Tee Time/Mini Golf League**

It's time to get on the green and improve your putting skills at Bison Creek Mini Golf. Bring a golfing buddy or let us match you up with a friend for an evening that will be full of fun. On our last night of league we will celebrate with pizza!



**S338B**

Wednesdays, August 5, 12, 19, 26 6-7:30 pm  
4 sessions - \$39  
Buffalo Huikko's Entertainment Center

**Summer Bowling League**

Let's strike up some fun! Bowling is an excellent activity that keeps you fit all season. Bring your friends for some added fun and socialization.

**S339B**

Saturdays, July 11 & 25 2-4pm  
2 sessions - \$25  
Buffalo Huikko's Entertainment Center



Please register for classes at least one-week prior to the class start date. Classes with low enrollment will be canceled at that time.

**Special Events Around the Consortium**

**Spring Fling Dinner & Dance**

Celebrate the kick off to summer, get moving and dance to the latest tunes. A Dj will spin your favorite songs. We will have a sub style dinner including treats and beverages. *This event is supported with a generous donation from the Big Lake Spud Fest.*

**W309BL**

Friday, June 26 6-8:30 pm  
1 session - \$7  
Big Lake Independence Elementary Cafeteria

**Wright County Fair Demolition Derby**

Yes, we have again secured front row seats that can get messy with mud, so wear your mud wear. Meet the Opening Doors Staff at the ticket booth on the east side of the fairgrounds across the street from county road 6 at 5:45 pm. **Deadline to register is July 3.**

**S2020WC**

Friday, July 24 5:45-9 pm  
1 session - \$15 each, Client or Staff  
Howard Lake Wright County Fairgrounds

**Concert and BBQ in the Park**

Grab a blanket or lawn chair, enjoy an outdoor BBQ and relax to the music at Sturges Park in downtown Buffalo. A cookout with hamburgers, hot dogs and other treats. **This activity is held at the Sturges Park lower park shelter, 5:30-8:30 pm on the dates listed below. Cost is \$9 each (client or staff).**

**S390B** - Thursday, July 30

**S390C** - Thursday, August 13



■ ■ ■ *Adults with Disabilities (age 16+)*

**Special Events Around the Consortium**

*Monticello*  
**RIVERFEST**  
*Celebration*



**Minnesota State Fair Trip**  
**Thursday, August 27**

**Grab a friend and hop on the school bus to,  
"The Great Minnesota Get Together!"**

**SU2020A - Plan A** (Transportation and admission ticket):  
**\$39/person or \$69/couple or buddy**

**SU2020B - Plan B** (Transportation only):  
**\$29/person or \$49/couple or buddy**

- ◆ Trip is led by one chaperone and one partner/buddy
- ◆ Departure from school at 4:30 pm from the Discovery Center, door 1
- ◆ Bus departs from the State Fair at 5 pm
- ◆ Bus arrives back in Buffalo approximately 6 pm
- ◆ **Deadline to register is August 6**

Cancelled

Cancelled

**Monticello Riverfest Days Talent Show**  
Have a fun night out at the Riverfest Days Talent Show. Pizza dinner will be served following the show. The always entertaining show features local talent. Meet the Opening Act at 7:00 pm in the Main Street Courtyard at Monticello High School.

**S310M**  
Friday, July 10 6:15 pm  
1 session - \$11  
Monticello High School

**Prairie Fire Presents, "Wizard of Oz"**  
Take a stroll down the yellow brick road as up to 80 children come together to play the roles of Dorothy, Tin Man, Lion, Glinda the good witch, the Wicked Witch of the North, the Munchkins and the Grand Wizard!

**F310BL**  
Friday, October 30 7 pm  
1 session - \$7  
Big Lake High School Auditorium

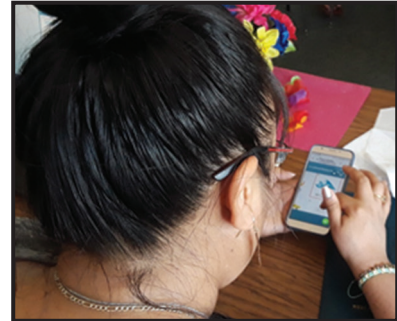


## WEST Adult Basic Education (ABE)

**WEST ABE** is the educational service provider for adults in the west metro area. Local programs, such as the one in Buffalo, help adults age 17 years and older to develop their academic skills. Visit [westabe.org](http://westabe.org) for regional program information. **See below for opportunities through Buffalo Community Education.**

### Study even during Social Distancing!

Distance learning platforms AND the support of an instructor are both available to new and continuing students even when classes are unable to meet face-to-face. Contact the instructor to make a plan just for you.



### ABE Academic Study

ABE studies help adult learners who want to gain skills in math, reading, and writing. Some learners choose to focus on preparation for the GED® (General Education Development) tests. Teacher support, materials, and online study tools continue even if face-to-face classes are postponed due to social distancing orders. When in-person classes resume, there are day and evening classes offered.

- ◆ Mondays & Wednesdays, 11:30 am-2 pm
- ◆ Tuesdays & Thursdays, 6-8:30 pm
- ◆ Phoenix Learning Center, 800 8th St. NE, Buffalo
- ◆ Closed when BHM Schools are closed
- ◆ Open every month except August
- ◆ Call the instructor to begin at 763.682.8688

**GED® Preparation** - See ABE Academic Study

### English Language (ELL/ESL) Class

Learners improve their speaking, listening, reading, and writing skills in English. Access to Rosetta Stone is available to enrolled students. When social distancing orders are not in effect, this group meets two evenings a week.

- ◆ Tuesdays & Thursdays, 6-8:30 pm
- ◆ Phoenix Learning Center, 800 8th St. NE, Buffalo
- ◆ Closed when BHM Schools are closed
- ◆ Open every month except August
- ◆ Call the instructor to begin at 763.682.8687

### Reading Classes

There are two reading classes available: one for adults who struggle to “get the word off the page” and another for adults who can read but do not understand everything they read. Pre-registration and reading assessments are required for these classes. **Call Terrisa at 763.682.8688 for more information.**

### Distance Learning

#### Free Access to Online Platforms

Enrolled adult learners can study anytime and anywhere with support from a WEST ABE teacher. Terrisa, the teacher, can assist learners using a number of platforms such as Edmentum, Khan Academy, MobyMax, Rosetta Stone, and USALearns. Get started right away. Call Terrisa at 763.682.8688.

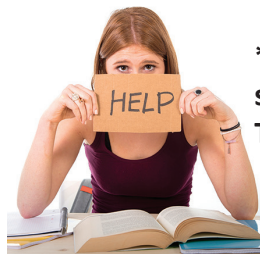
### General Education Development (GED®) Information

**Warning Regarding Misleading GED® Claims** - The State of Minnesota GED® Diploma cannot be earned or obtained on the internet or through correspondence programs. The GED® tests are administered only under the direction of Pearson VUE and the GED® Testing Service; most testing sites are within public school buildings so testing may not be available during social distancing orders.

For current information, visit [GED.com](http://GED.com), [education.mn.gov/MDE/dse/abe/index.htm](http://education.mn.gov/MDE/dse/abe/index.htm) or call the testing center in Monticello at 763.272.2040.

#### First GED® Test Free (while funding lasts)

GED® testers in Minnesota can now get the first test in each subject free by entering code **MNGED30** when scheduling and paying for testing, while funding lasts.



**\*Many GED® testers need help studying. Contact instructor Terrisa for help 763.682.8688.**



## Health Promoting Classes

### Community Health Programs at Buffalo Hospital

303 Catlin Street, Hwy. 25 N., Buffalo, MN 55313 763.684.7025



Buffalo Hospital invites you to register for a health-promoting class by going online at [allinahealth.org/classes](http://allinahealth.org/classes) or calling 763.684.7025. Some classes are free and some have a cost associated with them. See details below. **Keeping those in our communities safe is our primary concern. We are currently monitoring the COVID-19 situation and will follow the recommendation of the local public health department related to canceling or postponing classes.**

#### General Wellness

##### FREE WELLNESS COACHING

Are you ready to improve your health, enhance your life balance and make lasting changes? The Health and Wellness Coaches have the training and experience to help you succeed. Common areas of focus include exercise, nutrition, sleep and stress. Individual coaching includes appointments in person, over the phone or both. In-person coaching is available at Buffalo Hospital. **Call 763.684.7025 to schedule your FREE appointment today!**

##### RESILIENT LIFE

Resilience is the process of adapting well in the face of significant sources of stress - such as family and relationship problems, serious health problems or workplace and financial stressors. It means "bouncing back" from difficult experiences. Resilience is not a trait that people either have or do not have-we all have aspects of resilience. The behaviors, thoughts and actions that build resilience can be learned and developed in anyone. In this 6-week series, we'll practice the skills proven to help build resilience of mind, body and spirit. Skills such as mindfulness, optimal nutrition, movement and cultivating a healthy relationship w/ self and others will be taught and practiced in class. By practicing these skills regularly, you can strengthen your ability to bounce back from adversity and to grow and thrive in your professional and personal life.

Register at [allina.learnitlive.com/class/13360/Resilient-Life-Buffalo-Hospital#](http://allina.learnitlive.com/class/13360/Resilient-Life-Buffalo-Hospital#)

Tuesdays, May 5 – June 9, \$175

Find more information at [allinahealth.org/classes](http://allinahealth.org/classes) or call 763.684.7025

##### LIVING WELL WITH CHRONIC PAIN

This 6 week, 2.5 hour a week class is designed for people who have a diagnosis of chronic pain, offering strategies for dealing with their symptoms. Topics include: techniques to deal with frustration, fatigue, isolation and poor sleep, appropriate exercise for maintaining and improving strength, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, pacing activity and rest, and how to evaluate new treatments.

Choose one of the following sessions: **MONDAYS, May 4 - June 15 (skip May 25), 4:30-7 pm or WEDNESDAYS, May 13 - June 17, 9-11:30 am. FREE**

##### HEALTHY EATING FOR BETTER HEALTH

4 week program (2 hours each week) for people who want to learn more about how nutrition and lifestyle changes can promote better health. Join us to discover how you can make small changes that can make a big difference in your health! This class includes learning how to read nutrition labels, cooking skills, new information about latest changes in the nutritional world, and even a grocery store tour! **Mondays, September 14 - October 5, 5 - 7 pm. FREE**



#### Birth Classes

##### BIRTH CENTER TOURS - FREE

Buffalo Hospital's Birth Center is a peaceful place to celebrate new beginnings in an environment designed for family-centered care. Allina Health partners with Amma Parenting Center to offer online pregnancy, parenting and newborn care classes to help you prepare for childbirth and healthy childhood development. The tours last two hours: one hour for the tour and one hour for questions and answers. A question and answer time is offered after tour along with beverages and light snacks. Parents who want a tour only can choose to leave after the tour. **Call 763.684.7025 to register. FREE**

**Thursday Tours:** 4-6 pm or 6:15-8:15 pm, May 7, June 18, July 16 or August 6

**Saturday Tours:** 8:30-10:30 am or 10:45 am-12:45 pm, June 27 or September 19

#### Support Groups

##### STROKE SUPPORT PROGRAM

A free support group for people who have had a stroke and their families. Meets the second Wednesday of every month, 1 - 2 pm. **FREE**

##### BETTER BREATHERS CLUB (COPD SUPPORT GROUP)

Meets the second Wednesday of the month, 2-3:30 pm. Buffalo Hospital Heart Center, 763.684.3872. **FREE**

##### LIVING WITH CANCER SUPPORT

A supportive environment for patients, their families and friends to discuss emotional and physical aspects of any type of cancer diagnosis. Meets the second Monday of each month, 5-6:30 pm. Buffalo Hospital Willow Room. **FREE**

# Registration Information & Form ■■■

## Registration

- ◆ Online registration is safe, fast and easy at **bhmschools.ce.eleyo.com**
- ◆ **Registration and payment is required to attend classes.** Once registered, you will receive an electronic class confirmation if an email is provided
- ◆ **Please register at least one week prior to the class start date.** Decisions about class cancellations are made one-week prior to the class start date

## Severe Weather Cancellations

- ◆ Closings will be announced on KRWC 1360 AM radio, the Community Education telephone line, 763.682.8770, and posted on the district website **bhmschools.org and Facebook**
- ◆ Community Education/ECFE classes do not meet when BHM schools are closed for the day
- ◆ **2-hour late start:** No morning ECFE classes when school has a two hour late start
- ◆ **KidKare sites will remain open**



## Refunds

- ◆ If we cancel a class, you will be notified and your payment refunded
- ◆ If you need to cancel, notify us at least one-week prior to the start of class and we will refund your tuition in most situations
- ◆ **Cancellations received within 7-days prior to the start of class will be assessed a \$5 service fee**
- ◆ No refunds are given the day of the activity or after the class start date. Individual classes may have a more specific cancellation and refund policy

## Senior Citizen Gold Card

Residents of BHM School District, age 62 and older, are eligible for a **Gold Card** which entitles them to 25% discount on many classes and entrance into some school activities.

## Financial Assistance

Residents of BHM School District that meet income eligibility guidelines may qualify for a 25% fee reduction on certain classes. Some restrictions do apply. **Requests must be made at time of registration.**

## UCare

Contact your UCare provider to see if you qualify for a \$15 discount on Community Education classes.



## Community Education Registration Form

Mail to: Community Education Registration, 301 2nd Avenue NE, Buffalo, MN 55313

Participant Name \_\_\_\_\_ (Youth) DOB \_\_\_\_\_ Grade \_\_\_\_\_

Parent/Guardian (if applicable) \_\_\_\_\_  
(Last) (First)

Address \_\_\_\_\_  
(Street) (City) (Zip)

Primary Phone # \_\_\_\_\_ Daytime Phone # \_\_\_\_\_

\*Email \_\_\_\_\_ Special Needs/Allergies \_\_\_\_\_  
(Receive class confirmation and payment receipt)

Course Title	Course #	Fee
_____	_____	_____
_____	_____	_____
_____	_____	_____

Check # \_\_\_\_\_ TOTAL \$ \_\_\_\_\_

Card Type (Circle One) # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp. Date \_\_\_\_\_

UCare # (if applicable) \_\_\_\_\_

**Fast and easy... Register online at [bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)**

**Community Education**  
**Buffalo-Hanover-Montrose Schools**  
301 NE 2nd Ave  
Buffalo, MN 55313  
763.682.8770  
bhmschools.org/community-ed



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Resident, School District 877  
Buffalo-Hanover-Montrose Schools

Dated Material, Please Deliver Promptly

## VISIT US ONLINE [BHMSCHOOLS.CE.ELEYO.COM](http://BHMSCHOOLS.CE.ELEYO.COM)

**Covid-19 Message...** We hope you and your family are doing well and adjusting to a world with Covid-19. Keeping those in our communities safe is our primary concern. We are hoping to bring all of the classes and programs in this catalog to you this summer as allowable in a safe and healthy way but, as we know, the future is uncertain. We are monitoring the Covid-19 situation and will continue to plan and prepare based on the most current guidance from the MN Department of Health, MN Department of Education, the CDC, the Governor and our Superintendent of Schools related to canceling or postponing classes.

Thank you for your support. Have a safe summer!

### **Minnesota State Fair Trip** **Thursday, August 27**

Grab a friend and hop on the bus to,  
"The Great Minnesota Get Together!"



See page 27 for details and to see  
more trip destinations!

### **Check it out!**



**Youth Programs and Activities**



### **Summer Food Service Program**

**Through June 30**, meals will be served curbside Monday-Friday, 11 am-1 pm, at Hanover Elementary, Montrose Elementary, Parkside Elementary, Northwinds Elementary and Buffalo Middle School.

**Beginning July 1**, meals will be served curbside Monday-Friday, 11 am-1 pm, at Montrose Elementary and Parkside Elementary (**closed July 3**).

Questions? Visit [bhmschools.org](http://bhmschools.org) or call  
Nutrition Service at 763.682.8477