

Classes & Activities for Cowern Students

Reduced rates
for any youth class
may be available to
those who qualify.
Call 651-748-7442.

Polars Basketball Camp and Alumni Game

Polars Girl's and Boy's basketball teams invite you to join the Varsity Coaching team, collegiate and current players for this fun and skills based camp! A T-shirt is included in registration as well as a ticket to all 3 Boy's games and Alumni game directly after the camp. Sign up quickly, this camp fills fast!
North Polar Basketball Team

Date: Sat, Dec 22
Time: 8:30–11:30 am
Grades: 3–8
Cost: \$25
Class #: YEWS19-77
Location: North High School, Gym 1



Polars Winter Cheer Camp & Halftime Performance

Join the North Polar Cheer team in learning cheers and a pom routine that will be performed at the North Polars Boy's Basketball game on Friday, January 18th at North High School! Practice will be held on Saturday, January 12th from 9:00 am–12:00 pm at North High School. A set of poms and a Polar Cheer T-shirt are included in the registration.

North Polar Cheer Team

Dates:
Sat, Jan 12 Clinic 9:00 am–12:00 pm;
Fri, Jan 18 Performance 7:30 pm
Grades: K–5
Cost: \$25
Class #: YEWS19-78
Location: North High School,
Cafeteria

Fire and Ice—Winter Family Festival

Call your neighbors and grab your ice skates, it's time for the first annual Fire and Ice Festival. Join us for sledding, skating, hot chocolate, a tour of the new warming house, and one massive bonfire. This is a family-friendly event, and all are welcome to attend! *District 622 Community*

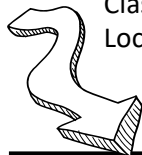
Date: Fri, Jan 4
Time: 5:00–8:00 pm
Cost: FREE
Class #: YEWS19-75
Location: Hause Park

Family Snowshoe with Ice Luminaries

Enjoy the trails of Oakdale Nature Preserve at night with the moon and stars overhead. One trail will be lit with ice luminaries to follow through the woods, but you can enjoy the whole park. Gather by the bonfire for ghost stories, hot chocolate, and roasted marshmallows afterward. Fee includes snowshoes, but you can also bring your own. When registering, indicate if you will need snowshoes and either adult or youth size.

Wahoo! Adventures

Date: Sat, Jan 26
Time: 6:00–7:30 pm
Cost: \$15 per person
Class #: AER2
Location: Oakdale Discovery Center



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www.isd622.ce.eleyo.com
or call 651-748-7442

Hmong/Hmoob Yog koj xav tau ib tug neeg txhais lus Hmoob, thov hu rau 612-707-8454.

Spanish/Español Para más información en ESPAÑOL acerca de este documento, por favor comuníquese con 651-788-3664.

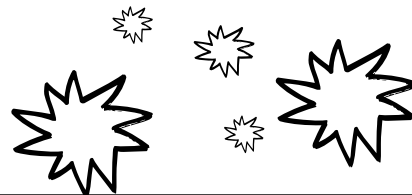
Somali/Soomali Haddii aad u baahan tahay macluumaad af Soomali ah fadlan la xiriir 612-707-8439.

Baton Twirling Fundamentals

This introductory class will teach students the basic foundation of baton twirling, from figure 8's to thumb tosses. Students will begin developing correct technique, hand-eye coordination, learn new tricks, and have fun through creative movement. All participants will receive a professional grade baton (not from a toy store), specifically sized for each student. *Sarah Zahradka*

Tiny Twirlers
Grades: Preschool–2nd grade
Date: Tuesdays, Jan 22–Mar 5
(no class Jan 29)
6 sessions
Time: 6:00–6:45 pm
Cost: \$35
Class #: YEWS19-110
Location: John Glenn, Cafeteria

Beginning Baton
Grades: 3–7
Date: Tuesdays, Jan 22–Mar 5
(no class Jan 29)
6 sessions
Time: 6:45–7:30 pm
Cost: \$35
Class #: YEWS19-111
Location: John Glenn, Cafeteria



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Intro to Golf

Build the foundation to enjoy a lifetime of golf by learning the basics from a golf industry professional! Students have access to training equipment, fitted golf clubs, and a Golf Squad Handbook and Golf Squad visor to keep. *Golf Squad*

Date: Mondays, Jan 7–Feb 11
(no class Jan 21)
5 sessions
Time: 3:20–4:20 pm
Grades: K–5
Cost: \$116
Class #: YEWS19-42
Location: Cowern Elementary

How to Draw Animals

During this class students will be guided step-by-step through the creation of super silly (and cute) cartoon animals. From cute, cuddly puppy dogs to happy hedgehogs, kids will be amazed at how great their drawings turn out! Each child will receive their own How to Draw Cartoon Animals booklet to take home. *KidCreate Studios*

Date: Tuesdays, Jan 8–Feb 12
6 sessions
Time: 3:20–4:50 pm
Grades: K–5
Cost: \$95
Class #: YEWS19-5
Location: Cowern Elementary

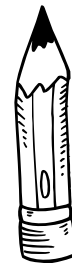


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World Language: Spanish

Students with previous Spanish experience will expand their vocabulary, while beginners will start with the basics and build up to numbers, feelings, colors, shapes, animals, fruit, vegetables and more! Learn to read and write through storytelling, translating and sentence-building exercises tailored to the capabilities of each student. We supplement independent growth with interactive games and role-playing activities. *Language Sprout*

Date: Thursdays, Jan 10–Feb 14
6 sessions
Time: 3:20–4:20 pm
Grades: K–5
Cost: \$90
Class #: YEWS19-53
Location: Cowern Elementary



Pinch, Slab, Coil, Clay

Young artists will love rolling up their sleeves, making a mess, and playing with clay! Using a variety of tools and techniques, students will make animals, castles, bowls, and much more. Explore different types of clay throughout the class, including both Model Magic® and air-dry clay. The children will use their fingers to pinch, assemble a slab, and create coils as they learn the basics of working with clay. *KidCreate Studios*

Date: Wednesdays, Feb 27–Apr 10
(no class March 13)
6 sessions
Time: 3:20–4:50 pm
Grades: K–5
Cost: \$95
Class #: YEWS19-18
Location: Cowern Elementary



Intro to Game Coding

Learn to create an interactive 2D video game using popular characters from Undertale, Pokémon, Nintendo, Minecraft, and even classic characters like Donkey Kong, Pac Man, Sonic, and Mario! Students will learn to use Scratch, an online programming language designed especially for kids. In the final session, students will use their new skills to create a game. Bring a USB drive to save your games on the last day or they can be emailed to parents. *Computer Explorers*

Date: Tuesdays, Feb 26–Mar 26
(no class March 12)
4 sessions
Time: 3:20–4:50 pm
Grades: K–3
Cost: \$84
Class #: YEWS19-25
Location: Cowern Elementary

Hot Shot Basketball

From dribbling to lay-ups to free throws, learn the fundamentals of basketball while enjoying a positive team-oriented experience. Through practices and games, teammates gain a strong knowledge of basketball while learning teamwork and having fun, which leads to a lifelong love of the sport. *N2 Sports*

Date: Thursdays, Feb 28–Apr 11
(no class March 7–14)
5 sessions
Time: 3:20–4:20 pm
Grades: K–5
Cost: \$87
Class #: YEWS19-73
Location: Cowern Elementary

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Classes & Activities for Cowern Students



World Language: American Sign Language

Explore your world in American Sign Language. We start with the basics and build up to numbers, feelings, colors, shapes, animals, fruit, vegetables and more! We expand our minds as we learn to read and write through storytelling, translating and sentence-building exercises tailored to the capabilities of each student. We supplement independent growth with interactive games and role-playing activities.

Language Sprout

Date: Mondays, Feb 25–Apr 8
(no class March 11)

6 sessions

Time: 3:20–4:20 pm

Grades: K–5

Cost: \$90

Class #: YEWS19-62

Location: Cowern Elementary



Volleyball

Learn the fundamentals of volleyball, from game strategy, rules and mechanics to basic techniques such as passing, setting, bumping and hitting. The focus is on friendly competition while developing individual skills, fostering teamwork and building confidence in each player. *N2 Sports*

Date: Mondays, Apr 22–May 20
5 sessions

Time: 3:20–4:20 pm

Grades: K–5

Cost: \$87

Class #: YEWS19-103

Location: Cowern Elementary



Flag Football

Kids will have the opportunity to learn the fundamental skills of flag football in a fast-paced, fun, and safe environment. This is a non-contact experience without the high risk of injury. Young athletes will grow their confidence and have fun! *N2 Sports*

Date: Wednesdays, Apr 24–May 29
(no class May 1)

5 sessions

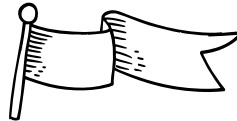
Time: 3:20–4:20 pm

Grades: K-5

Cost: \$87

Class #: YEWS19-97

Location: Cowern Elementary



Boundary Waters Bootcamp

Do you have a summer camping adventure planned? If you want to boost your family's confidence and outdoor skills, this day is for you. Join Voyageur Outward Bound School for a full day of hands-on fun that prepares you for your own Minnesota adventure. Outward Bound instructors will share tips and techniques for successful outdoor living and travel. Learn to start a fire, cook like a Voyageur, pitch a tent, portage a canoe and navigate by map and compass. This day is designed for kids ages 10 and up and their adults. *Voyageur Outward Bound School*

Date: Sat, May 18

Time: 9:00 am–2:30 pm

Cost: \$45 individual, \$80 per family

Class #: YEWS19-74

Location: Maplewood Middle School

Safety Awareness

Ages 5 years and up

Safety Awareness is designed to enhance self-esteem, self-discipline and safety as well as promote communication skills, responsible citizenship and drug avoidance. Students can progress to yellow belts or higher by continuing our following sessions. We do not fight: defense and responsibility, rather than aggressiveness are emphasized. *Champion Youth Karate*

Date: Tue, Feb 12–Apr 2

(no class March 12)

7 sessions

Time: 6:00–6:40 pm Beginning

6:50–7:30 pm Returning

7:40–8:20 pm Advanced

Cost: \$49

Class #: YEWS19-Beginning1

YEWS19-Returning1

YEWS19-Advanced1

Location: John Glenn Middle School

AND

Date: Tue, Apr 9–May 21

7 sessions

Time: 6:00–6:40 pm Beginning

6:50–7:30 pm Returning

7:40–8:20 pm Advanced

Cost: \$49

Class #: YEWS19-Beginning2

YEWS19-Returning2

YEWS19-Advanced2

Location: John Glenn Middle School

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Hot Shot Soccer

The Hot Shot Soccer program introduces third, fourth and fifth graders to the sport of soccer, while helping them build confidence in a friendly and supportive environment. Kids will learn the soccer skills of dribbling, kicking, passing, and teamwork through practices and small-sided games. *N2 Sports*

Date: Tuesdays, Apr 23–May 28

(no class April 30)

5 sessions

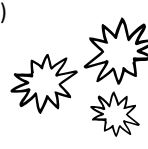
Time: 3:20–4:20 pm

Grades: 3–5

Cost: \$87

Class #: YEWS19-80

Location: Cowern Elementary



Soccer Shots

Soccer Shots is an engaging soccer program with a focus on character development for kindergarten through second grade students. This is for beginners as well as students with previous soccer experience! We focus on individual skill, fitness, and sportsmanship, providing an opportunity for children to be challenged through fun games and team interaction. Kids are introduced to competition in a developmentally appropriate manner. *Soccer Shots*

Date: Tuesdays, Apr 23–May 28

(no class April 30)

5 sessions

Time: 3:20–4:20 pm

Grades: K-2

Cost: \$87

Class #: YEWS19-88

Location: Cowern Elementary



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District 622 Aquatics

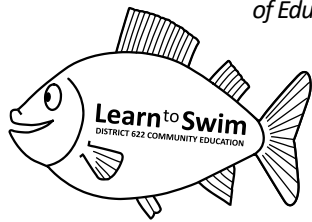
651-748-7442 | www.isd622.org/swim

2520 East 12th Ave, North St Paul, MN 55109

Swim Lessons

Our American Red Cross trained instructors help develop water safety and swimming skills for all ages and abilities in a positive and fun learning environment. We offer affordable lessons all year long. Our winter session begins January 12.

- Parent–Child Classes
- Preschool Classes
- American Red Cross Swim Levels 1–6
- Private Lessons for Youth and Adults
- Adaptive Lessons



Girls SWIM Night Out

Join us for a monthly open swim night just for women and girls, with an all female staff. Free supervised childcare for boys while you swim. *Offered in partnership with the District 622 Office of Educational Equity.*

6:30–9:00 pm

Jan 18 | Feb 15 | Mar 22 | Apr 5 | May 10

John Glenn Middle School

Suggested admission (not required):

Adults \$3 | Youth \$2 | Family \$6

Open Swim

Enjoy time in the pool to swim laps, dive, practice skills and play with family and friends. *Offered in partnership with the City of Oakdale.*

Saturdays, Jan 12–May 11 (closed Jan 26, Mar 9, Mar 16, Mar 23)

2:00–3:30 pm

Skyview Community School

Walk-in rate: Adults \$4 | Child \$3 | Immediate Family \$10

Pool Rentals

Our pools are available for birthday parties, team building activities, group events and family celebrations. Visit our website to find out how you can reserve the pool for your next gathering.