

2022 Verndale Community Education



Payments to the Verndale Public School
can be made by cash, check,
or debit/credit cards
via Square Pay in the District Office

Verndale Community Education
411 SW Brown Street
Verndale, MN 56481
Contact: Amy Thompson, athompson@verndaleschool.org
or 218-445-5184, ext. 302

2022 Verndale Summer Programs

Dear Parent/Guardian,

Verndale Community Education, with the support of the Verndale Lions and City of Verndale, will be offering a summer program for our area youth. The schedule will include various learning opportunities, a ball program, swimming lessons, childcare, camps and a variety of other supervised activities. If you have any questions or concerns, please feel free to contact any of the listed program contacts or call the District Office at 445-5184. **FULL PAYMENT IS DUE BEFORE OR UPON THE START OF FIRST DAY (EXCEPT FOR PIRATE SUMMER FUN). NO REFUNDS WILL BE MADE AFTER A STUDENT HAS STARTED ANY PROGRAM.**

Schedule and Fees:

A schedule of all activities and fees is included in this packet for your convenience. Any parent who is able to assist in any way is welcome to do so and is especially encouraged to be available on game days and field trip days. Our staff is responsible for notifying participants of any other events or changes to the schedule. In case of inclement weather, summer rec may be held in the gym and Summer Pirate Fun will be in session as usual.

Registrations are based on your child's grade for the 2022-2023 school year.

**Please have your students signed up for any of these programs by
Friday May 20th, 2022 (unless otherwise stated in program description).**

If you should have any questions, please contact the District Office at 218-445-5184.

Summer Rec. Ball Teams

June 6th – July 15th

9:00am – 12:00pm

Cost is \$32.00 per child with a family cap of \$80.00 per family. There is a \$40.00 fee per student and no family cap for students who do not attend the Verndale School. See attachments for ball team rules, classifications, schedule and registration form. There will be no summer rec. ball programs **Monday, July 4th**. Registration form and payment should be returned to the district office. Please make checks payable to Verndale Public School.

Contact: Dan Johnson, djohnson@verndaleschool.org or 445-5184, ext. 152

Pirate Summer Fun

May 31st – July 29th

7:30am – 5:00pm

Pirate Summer Fun will be available to all students entering kindergarten through 8th grade. Cost this year will be \$2.00 per hour per student with a family cap of \$6.00 per hour for those students attending Verndale School and \$2.50 per hour per student with no family cap for those students not attending Verndale School. Invoices will be sent home with your student or mailed per month. During the morning, a variety of supervised activities will be available including: outside recreation, computer lab, craft activities, etc. Pirate Summer Fun will run concurrently with the summer rec program. If enrolled in summer rec, students will be released from activity areas five minutes before their practice starts. All enrolled students will be able to take part in the summer food program. There will be no Pirate Summer Fun **Monday, July 4th**. Please call the District Office to register your child.

Summer Food Program

May 31st – July 29th

A summer food program will be provided free of charge to anyone up to 18 years of age. It will be available from May 31st through July 29th, 2022. Serving time for breakfast will be from 8:45am – 9:15am. Serving time for lunch will be from 11:15am – 12:30pm. There will be no summer food service **Monday, July 4th**. No registration needed.

Contact: Vickie Thompson, vtompson@verndaleschool.org or 218-445-5184, ext. 211

Swimming Lessons

July 11th – 21st

1:00pm – 2:00pm

Maslowski Wellness & Research Center

Swimming lessons will be available through the Maslowski Wellness & Research Center for Levels 1-6. Lessons will run for 2 weeks Monday – Thursday for a total of 8 classes. Cost of the lessons will be \$45.00 per child. The cost includes transportation from Verndale School. Buses will leave ½ hour before lessons and return ½ hour after. Registration form (attached) and payment should be returned to the district office. Please make checks payable to Verndale Public School.

Contact: Amy Thompson, athompson@verndaleschool.org or 218-445-5184, ext. 302

Youth Football Clinic

July 25th & 26th

10:30am – 12:00pm

A free football clinic for students entering grades 4-6 will be held July 25th and 26th. Basic fundamentals of football will be taught. Contact Mike Mahlen to register.

Contact: Mike Mahlen, 218-445-5184, ext. 329

Football Clinic

July 25th, 26th, 27th, 28th and 29th

8:00am - 10:00am

A free football clinic for students entering grades 7-12 will be held July 25th – 29th. Drills, basic fundamentals, offensive-defensive formations, and skills will be covered. Contact Mike Mahlen to register.

Contact: Mike Mahlen, 218-445-5184, ext. 329

S'mores Plate

June 15th

10:00am – 11:30am

Room 276

Cost: \$15.00

Nothing says summer is here more than S'mores! Paint your own plate with a s'mores design. This is a step-by-step class making the process easy for all ages! Contact Karen Moyer to register.

Contact: Karen Moyer, leafriverpottery@gmail.com or 763-443-2226. Payment forms accepted: cash, check or Venmo.

Wrestling Camp

June 8th, 9th and 10th

Grades 7-12: 8:30am – 11:00am

Grades K-6: 12:00pm – 2:30pm

Old Gym

Cost: \$75.00 for non BHVPP Wrestlers

Free to all BHVPP Wrestlers

Come have some fun learning new techniques from our talented technicians; Ty Johnson and Blane Tschida. Experienced 5th/6th wrestlers are welcome to attend the 7-12 grade session. Contact Kody Van Den Eykel to register. Please make checks payable to BHV Wrestling Boosters.

Contact: Kody Van Den Eykel, kvandeneykel@verndaleschool.org or 218-234-1655.

Summer Theatre

July 5th – July 9th

All community members are welcome to join us for the 2022 production of *Aladdin and His Magic Lamp*. Verndale Summer Theatre along with Prairie Fire Children's Theatre will work with our actors for one week and then perform two performances. It is truly amazing how much we can accomplish in just one week! Students 1st grade – 12th grade and adults are eligible to participate. Summer Theatre will be the week of July 5th – July 9th with practice times starting at 12:30pm each day. A practice schedule will be given to your child on Tuesday for the rest of the week's practice times. If you have any questions, please contact Michelle Stanley (320)237-8803. **There is a \$40.00 charge for this activity.** Registration form (attached) and payment should be returned to the district office. Please make checks payable to Verndale Public School.

Contact: Michelle Stanley, chelle8805@yahoo.com or 320-237-8803

Nailed It!

June 14th

1:00pm to 4:30pm

Room 217

Grades: 3-8

Cost: \$20 per student (includes all baking supplies)

Minimum of 5 students is needed for the class to be held. Registration is due by May 13th.

Have you seen the show "Nailed IT!" and thought, "Hey! I can do that!!" Well, now's your chance. Come and see if you have what it takes to "Nail" the cooking challenge! You will be presented with some "inspirational food items" and your challenge will be to recreate the items by brainstorming, finding recipes, baking, and decorating to try and "Nail" the cooking challenge. Contact Angie Wallin to register.

Contact: Angie Wallin, awallin@verndaleschool.org, 218-821-1193 or Venmo: @Angie-Wallin-1

Gymnastics I Camp

June 6th – 9th

2:45pm – 3:45pm

Elementary Gym

Grades K-6

Cost \$20 (cash, check or venmo)

Class size is limited, so register early! Registration is due by May 13th.

In this class, we will work on the basics of gymnastics: somersaults, cartwheels, handstands, bridges and simple jumps and turns. We will also work on basic beginning floor beam skills and kip bar skills.

ALL participants MUST wear a leotard with leggings or shorts OR shorts/leggings with a t-shirt that can be securely tucked in. Hair must be pulled back and off the face. **WAIVER MUST BE SIGNED PRIOR TO FIRST DAY OF CLASS.** Contact Angie Wallin to register.

Contact: Angie Wallin, awallin@verndaleschool.org, 218-821-1193 or Venmo: @Angie-Wallin-1

Gymnastics II Camp

June 6th – 9th

3:45pm – 5:00pm

Elementary Gym

Grades K-6

Cost \$30 (cash, check or venmo)

Class size is limited, so register early! Registration is due by May 13th.

In this class, we will work on intermediate gymnastic skills: round offs, back and front walkovers, one handed cartwheels, tumbling combinations and more complex jumps and turns. We will also work on more advanced floor beam skills and kip bar skills. MUST HAVE A STRAIGHT CARTWHEEL AND BE ABLE TO HOLD A BRIDGE FOR 15 SECONDS TO BE IN THIS CLASS.

ALL participants MUST wear a leotard with leggings or shorts OR shorts/leggings with a t-shirt that can be securely tucked in. Hair must be pulled back and off the face. **WAIVER MUST BE SIGNED PRIOR TO FIRST DAY OF CLASS.** Contact Angie Wallin to register.

Contact: Angie Wallin, awallin@verndaleschool.org, 218-821-1193 or Venmo: @Angie-Wallin-1

Gymnastics III Camp

June 6th – 9th

3:45pm – 5:15pm

Elementary Gym

Grades K-6

Cost \$30 (cash, check or venmo)

Class size is limited, so register early! Registration is due by May 13th.

In this class, we will work on intermediate gymnastic skills: round offs, back and front walkovers, handsprings, aerials, tumbling combinations more complex jumps and turns. We will also work on more advanced floor beam skills and bar skills. MUST HAVE INSTRUCTOR PERMISSION TO REGISTER FOR THIS CLASS.

ALL participants MUST wear a leotard with leggings or shorts OR shorts/leggings with a t-shirt that can be securely tucked in. Hair must be pulled back and off the face. **WAIVER MUST BE SIGNED PRIOR TO FIRST DAY OF CLASS.** Contact Angie Wallin to register.

Contact: Angie Wallin, awallin@verndaleschool.org, 218-821-1193 or Venmo: @Angie-Wallin-1

???Mystery Craft???

June 13th

1:00pm to 2:30pm

Room 146

Grades: K-8

Cost: \$15 per student (includes all supplies PLUS a “bonus” mystery bag to take home)

Minimum of 5 students is needed for the class to be held. Registration is due by May 13th.

What’s in your bag??? Each participant will be given a “mystery bag” of craft items. It is up to you to decide what to create from your mysterious bag of craftiness. Participants will also receive a “mystery bag” to take home with them! Contact Angie Wallin to register.

Contact: Angie Wallin, awallin@verndaleschool.org, 218-821-1193 or Venmo: @Angie-Wallin-1

Party Animals

July 20th

10:00am – 11:30am

Room 276

Cost: \$15.00

Let’s have a paint party and invite all of our friends! You choose the critter to paint and design. Each item is approximately 5” in size. Perfect for kids all ages. Contact Karen Moyer to register.

Contact: Karen Moyer, leafriverpottery@gmail.com or 763-443-2226. Payment forms accepted: cash, check or Venmo.

Mystery Bag Club

June 8th and 22nd

July 6th and 20th

August 3rd and 17th

Cost: \$35 for **Mystery Bag Art Club** (per person) or \$50 (total) for TWO children.

Cost: \$60 **per family** for **Mystery Bag Book Club**

Registration is due by May 13th.

Summer doesn’t have to be boring! Sign up for one of our two clubs and receive a “mystery” bag every two weeks! **Mystery Book Club** will include a book for your family to enjoy, PLUS ideas for fun activities to go along with the book. The **Mystery Art Club** will include various art supplies for ONE child to create a project that their imagination creates! Mystery bags available for pick up on the above dates ONLY in the school office from 8:00am -3:00pm. Contact Angie Wallin to register.

Contact: Angie Wallin, awallin@verndaleschool.org, 218-821-1193 or Venmo: @Angie-Wallin-1

Volleyball Camp

June 6th – 9th

5:30pm – 7:30pm

Elementary Gym

Grades: 4-8

Cost: \$30.00 (includes t-shirt)

Come learn the game of volleyball and improve your skills all while having fun! Games will be played and prizes will be awarded! Contact Alexys Thompson or Angie Wallin to register.

Contact: Angie Wallin, awallin@verndaleschool.org, 218-821-1193 or Venmo: @Angie-Wallin-1 OR Alexys Thompson, athompson@verndaleschool.org or 218-296-1874.

What's Your Name?

June 13th

3:00pm – 5:00pm

Room 146

Grades: 2-8

Cost: \$ 15 (includes all supplies and a snack)

Registration is due by May 13th.

Come and spend the afternoon creating things just as special as you are! We will explore the meaning of your name and make items with YOUR name! Contact Angie Wallin to register.

Contact: Angie Wallin, awallin@verndaleschool.org, 218-821-1193 or Venmo: @Angie-Wallin-1

Elementary Basketball Camp

June 1st – 3rd

9:00am – 10:30am – Grades 3 and 4

10:30am – 12:00pm – Grades 5 and 6

High School Gym

Cost: Free

Description of Activity: The 2022 Verndale Basketball Camp offers a firm foundation in skill development, team concepts, and motivation.

Academic Objectives: Using a variety of games & drills, students will have the opportunity to develop their skills in the academic area of math by doing calculations and spatial awareness. They will also apply scientific concepts. Additionally, they will grow in the areas of communication, motivation, sportsmanship, leadership, and the principles for a healthy lifestyle. Contact Sam Schmitz to register.

Contact: Sam Schmitz, sschmitz@verndaleschool.org or 218-445-5184, ext. 283

Brain Games

June 15th

3:00pm – 5:00pm

Room 146

Grades: 2-8

Cost: \$ 15 (includes all supplies and a snack)

Minimum of 5 students is needed for the class to be held. Registration is due by May 13th.

Are you up for challenge? Then this is the class for you! We will spend two hours playing lots of fun games that work on problem solving, logic and critical thinking skills. Each participant will leave with some fun and challenging activities to do over the summer! Contact Angie Wallin to register.

Contact: Angie Wallin, awallin@verndaleschool.org, 218-821-1193 or Venmo: @Angie-Wallin-1

Ice Cream Bowl

June 29th

10:00am – 11:30am

Room 276

Cost: \$15.00

What's your favorite ice cream flavor? Paint a bowl just for you. We will use a masking technique to customize our bowls. Perfect for kids all ages. Contact Karen Moyer to register.

Contact: Karen Moyer, leafriverpottery@gmail.com or 763-443-2226. Payment forms accepted: cash, check or Venmo.

Pottery Glaze and Terra Cotta

June 15th

6:00pm – 8:00pm

Room 276

Cost: \$20.00

We will be painting 6" flowerpots and saucers using an assortment of specialty glazes. These glazes create dramatic effects with minimal effort! Combine the glazes to create even more stunning results! Perfect for high school age – adult. Contact Karen Moyer to register.

Contact: Karen Moyer, leafriverpottery@gmail.com or 763-443-2226. Payment forms accepted: cash, check or Venmo.

Get A Life Plate

July 20th
6:00pm – 8:00pm
Room 276

Cost: \$25.00

What's your passion? Going to the lake? Camping? Farming? Whatever it is, announce it on a plate! We will teach you how to create the rustic plank background and then you will trace and paint your word choice. We will top it all off with a slight splatter of color. Perfect for high school age – adult. Contact Karen Moyer to register.

Contact: Karen Moyer, leafriverpottery@gmail.com or 763-443-2226. Payment forms accepted: cash, check or Venmo.

Sweet Science

June 15th and 16th
1:00pm to 3:00pm
Room 146

Grades: 2-6

Cost: \$20 per student (includes all needed supplies)

Minimum of 5 students is needed for the class to be held. Registration is due by May 13th.

If you love science AND candy, then this is the class for you! Come and find out if you can turn a red gummy bear blue, melt chocolate with a magnifying glass and many more candy focused experiments! We will explore lots of different scientific concepts all using candy! YUM!!! Contact Angie Wallin to register.

Contact: Angie Wallin, awallin@verndaleschool.org, 218-821-1193 or Venmo: @Angie-Wallin-1

Basketball Shooting and Scoring Camp

Age/Grade Levels: 3rd grade - 5th grade girls and 3rd-4th grade boys

Dates: Mondays and Wednesdays in June beginning June 6, 2022

Times: 9:00am - 9:40am

Age/Grade Levels: 6th - 8th grade girls and 5th-8th grade boys

Dates: Mondays and Wednesdays in June beginning June 6, 2022

Times: 9:50am - 10:50am

Age/Grade Levels: 9th - 12th grade girls and boys

Dates: Mondays and Wednesdays in June beginning June 6, 2022

Times: 8:00am - 9:00am

Fee: Free

Athletes will have an organized gym setting to develop offensive fundamental skills and compete in individual and team contests. **Athletes will** compete in individual and team contests and develop both offensive and defensive fundamental skills such as: Shooting, Post & Perimeter Moves, Scoring Moves, Small sided games, and Games/Competitions. Contact Sam Schmitz to register.

Contact: Sam Schmitz, sschmitz@verndaleschool.org or 218-445-5184, ext. 283.

Wadena County Friendly Rider

Partnering with
Verndale School

FREE Summer Rec Transportation

Do you need to get your child(ren) to Summer
Recreation/Activities this Summer???

Here is a deal for you!!!

**Call 631-5730 for more information regarding pick up times
and general Service Area- Call in the week before for the
following weeks Pick-Up Times**

Wadena County Public Transportation-Friendly Rider-"Here to Get You There"



Summer Rec. League

Baseball and Softball Rules

T-BALL (Boys and Girls) - K, 1st and 2nd grades for 2022-2023

- Practice time 9:00am – 9:45am (mostly MWF, check calendar for schedule)
- Practice fundamentals of t-ball

Girls Pee Wees - 3rd, 4th and 5th grades for 2022-2023 (Check calendar for practice times)

- 10 batters or 3 outs
- Runners cannot lead off until the ball has been hit
- 60 ft. bases
- 10 players with 4 outfielders

Girls Midgets - 6th, 7th and 8th grades for 2022-2023 (Check calendar for practice times)

- Batter will start with 1-1 count
- Can steal 2nd and 3rd base after the pitch is released
- 5 run maximum per inning
- Coach will come in and pitch on a walk
 - Batter will go back to 1 strike
 - No stealing on coach pitch
- 60 ft. bases, 40 ft. pitching distance
- 10 players with 4 outfielders
- Metal cleats are allowed

Boys Mighty Mites - 3rd and 4th grades for 2022-2023 (Check calendar for practice times)

- 10 batter or 3 outs
- Runners cannot lead off until the ball has been hit
- 60 ft. bases
- 10 players with 4 outfielders

Boys Pee Wees - 5th and 6th grades for 2022-2023 (Check calendar for practice times)

- Batter will start with 1-1 count
- Can steal 2nd and 3rd base after pitch crosses home plate
- 5 run maximum per inning
- Coach will come in and pitch on a walk
 - Batter will go back to 1 strike
 - No stealing on coach pitch
- 60 ft. bases, 54 ft. pitching distance
- 10 players with 4 outfielders
- Metal cleats are allowed

Boys Midgets - 7th and 8th grades for 2022-2023 (Check calendar for practice times)

- Batter will start with 1-1 count
- Can steal 2nd and 3rd base after ball crosses home plate
- 5 run maximum per inning
- 60 ft. bases, 54 ft. pitching distance
- 10 players with 4 outfielders
- Metal cleats are allowed

2022 Verndale Public School Summer Rec Ball Team Registration Form

Cost is \$32.00 per child for those attending Verndale School, with a family cap of \$80.00. Fee includes a Summer Rec T-Shirt. There will also be a charge of \$40.00 per student who does not attend the Verndale School. There is no family cap for those who do not attend Verndale School. See attachments for ball team rules and classifications. Caps (green) and Visors (black) are also available for \$12.00 each.

1st Student: _____ League: _____ \$ _____

T-shirt size: Youth Small – Youth Medium – Youth Large - Adult Small – Adult Medium (circle correct size)

Summer Rec Visor _____ Cap (green) _____ (please indicate how many you would like in the blank)

2nd Student: _____ League: _____ \$ _____

T-shirt size: Youth Small – Youth Medium – Youth Large - Adult Small – Adult Medium (circle correct size)

Summer Rec Visor _____ Cap (green) _____ (please indicate how many you would like in the blank)

3rd Student: _____ League: _____ \$ _____

T-shirt size: Youth Small – Youth Medium – Youth Large - Adult Small – Adult Medium (circle correct size)

Summer Rec Visor _____ Cap (green) _____ (please indicate how many you would like in the blank)

4th Student: _____ League: _____ \$ _____

T-shirt size: Youth Small – Youth Medium – Youth Large - Adult Small – Adult Medium (circle correct size)

Summer Rec Visor _____ Cap (green) _____ (please indicate how many you would like in the blank)

Total number of visors/caps _____ x \$12.00 \$ _____

Summer Rec Grand Total: \$ _____

Parent/Guardian Name: _____ Phone Number: _____

Any Student medical conditions/comments that staff will need to know about: _____

Emergency Contact Name: _____ Phone Number: _____

Verndale Summer Rec 2022

June 2022							Jul 2022 ▶
◀ May 2022	Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3	4
5		6 9:00-9:45 T-Ball 9:45-10:50 Girls Pee Wees & Boys Mighty Mites Practice 10:50-12:00 Girls Midgets, Boys Pee Wees & Boys Midgets practice	7 9:00-9:45 T-Ball 9:45-10:50 Girls Pee Wees & Boys Mighty Mites Practice 10:50-12:00 Girls Midgets, Boys Pee Wees & Boys Midgets practice	8 9:00-9:45 T-Ball 9:45-10:50 Girls Pee Wees & Boys Mighty Mites Practice 10:50-12:00 Girls Midgets, Boys Pee Wees & Boys Midgets practice	9 No Tee Ball 9:00-12:00 Girls Pee Wees & Midgets, Boys Mighty Mites, Pee Wees, & Boys Midgets Game @ Bertha. Bus Leaves @8:15	10 9:00-9:45 T-Ball 9:45-10:50 Girls Pee Wees & Boys Mighty Mites Practice 10:50-12:00 Girls Midgets, Boys Pee Wees & Boys Midgets practice	11
12		13 9:00-9:45 T-Ball 9:45-10:50 Girls Pee Wees & Boys Mighty Mites Practice 10:50-12:00 Girls Midgets, Boys Pee Wees & Boys Midgets practice	14 No Tee Ball 9:00-12:00 Girls Pee Wees & Midgets, Boys Mighty Mites, Pee Wees, & Boys Midgets Game in Verndale, against WDC2	15 9:00-9:45 T-Ball 9:45-10:50 Girls Pee Wees & Boys Mighty Mites Practice 10:50-12:00 Girls Midgets, Boys Pee Wees & Boys Midgets practice	16 No Tee Ball 9:00-12:00 Girls Pee Wees & Midgets, Boys Mighty Mites, Pee Wees, & Boys Midgets Game in Verndale, against Parkers Prairie	17 9:00-9:45 T-Ball 9:45-10:50 Girls Pee Wees & Boys Mighty Mites Practice 10:50-12:00 Girls Midgets, Boys Pee Wees & Boys Midgets practice	18
19		20 9:00-9:45 T-Ball 9:45-10:50 Girls Pee Wees & Boys Mighty Mites Practice 10:50-12:00 Girls Midgets, Boys Pee Wees & Boys Midgets practice	21 No Tee Ball 9:00-12:00 Girls Pee Wees & Midgets, Boys Mighty Mites, Pee Wees, & Boys Midgets Game @ Battle Lake. Bus Leaves @7:45	22 9:00-9:45 T-Ball 9:45-10:50 Girls Pee Wees & Boys Mighty Mites Practice 10:50-12:00 Girls Midgets, Boys Pee Wees & Boys Midgets practice	23 No Tee Ball 9:00-12:00 Girls Pee Wees & Midgets, Boys Mighty Mites, Pee Wees, & Boys Midgets Game in Verndale, against Henning	24 9:00-9:45 T-Ball 9:45-10:50 Girls Pee Wees & Boys Mighty Mites Practice 10:50-12:00 Girls Midgets, Boys Pee Wees & Boys Midgets practice	25
26		27 9:00-9:45 T-Ball 9:45-10:50 Girls Pee Wees & Boys Mighty Mites Practice 10:50-12:00 Girls Midgets, Boys Pee Wees & Boys Midgets practice	28 No Tee Ball 9:00-12:00 Girls Pee Wees & Midgets, Boys Mighty Mites, Pee Wees, & Boys Midgets Game @ Wadena Bus Leaves @8:15	29 9:00-9:45 T-Ball 9:45-10:50 Girls Pee Wees & Boys Mighty Mites Practice 10:50-12:00 Girls Midgets, Boys Pee Wees & Boys Midgets practice	30 No Tee Ball 9:00-12:00 Girls Pee Wees & Midgets, Boys Mighty Mites, Pee Wees, & Boys Midgets Game @ New York Mills. Bus Leaves @8:00	Any weather related announcements will be on A.M. 920 and on the Verndale Summer Rec Facebook page. If you are not a member, please join.	

Verndale Summer Rec 2022

July 2022						Aug 2022 ▶	
◀ Jun 2022	Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 9:00-9:45 T-Ball 9:45-10:50 Girls Pee Wees & Boys Mighty Mites Practice 10:50-12:00 Girls Midgets, Boys Pee Wees & Boys Midgets practice	2
3		4 No Summer Rec	5 9:00-9:45 T-Ball 9:45-10:50 Girls Pee Wees & Boys Mighty Mites Practice 10:50-12:00 Girls Midgets, Boys Pee Wees & Boys Midgets practice	6 9:00-9:45 T-Ball 9:45-10:50 Girls Pee Wees & Boys Mighty Mites Practice 10:50-12:00 Girls Midgets, Boys Pee Wees & Boys Midgets practice	7 No Tee Ball 9:00-12:00 Girls Pee Wees & Midgets, Boys Mighty Mites, Pee Wees, & Boys Midgets Game in Verndale, against Bertha-Hewitt	8 9:00-9:45 T-Ball(Last Day) 9:45-10:50 Girls Pee Wees & Boys Mighty Mites Practice 10:50-12:00 Girls Midgets, Boys Pee Wees & Boys Midgets practice	9
10		11 9:00 Boys Mighty Mites tournament in NYM bus leaves @ 8:00 9:00-10:15 Girls and Boys Pee Wees Practice 10:15-11:45 Girls and Boys Midgets Practice	12 9:00 Girls Pee Wees tournament in Henning bus leaves @ 8:00 9:00 Boys Pee Wees tournament in NYM bus leaves @ 8:00 Practice TBD for Girls and Boys Midgets	13 9:00 Boys Midgets tournament at Wadena bus leaves @ 8:15 9:00-10:15 Girls Midgets Practice	14 9:00 Girls Midgets tournament in Verndale	15 This date is open for any tournament day that gets rained out. If there aren't any rainouts, the last day of summer rec is the day of their tournament.	16
17		18	19	20	21	22	23
24		25	26	27	28	29	30
31							

2022 Maslowski Wellness & Research Center

Swimming Lesson Levels

Learn to Swim Program

Ages 6-17

Designed to help participants achieve maximum success, Learn-to-Swim courses are based on a logical, six-level progression that helps swimmers of varying ages and abilities develop their water safety, survival, and swim skills.

Level 1 (Intro to Water Skills)

Beginning at age 6, unless successfully passing Preschool Aquatics. The purpose of Level 1 is to orient participants to the aquatic environment and help them gain basic aquatic skills as well as help them begin to develop positive attitudes and safe practices around the water.

- Enter and exit water using ramp, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes underwater and retrieve submerged objects
- Front and back glides and recover to a vertical position
- Back float
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous arm and leg actions on front and back
- Combined arm and leg actions on front and back
- Age-appropriate water safety topics

Level 2 (Fundamental Aquatic Skills)

In Level 2, participants build on basic skills and concepts learned in Level 1 including opening eyes underwater to retrieve objects, changing directions of travel in water, and the beginning steps of treading water, and:

- Enter water by stepping or jumping from the side
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing
- Rotary breathing
- Front, jellyfish and tuck floats
- Back and front glide and recover to a vertical position
- Roll from front to back and back to front
- Combined arm and leg actions on front and back
- Finning arm action
- Age-appropriate water safety topics

Level 3 (Stroke Development)

In Level 3, participants build on skills learned in Levels 1 and 2 to help them achieve basic water competency.

Participants perform skills in deep water (floats/treading) for longer periods of time and refine Front Crawl/Back Crawl technique as well as learn basics in the Breaststroke and Elementary Backstroke, Sidestroke, and Butterfly

- Enter water by jumping from the side, fully submerge then recover to the surface and return to the side
- Bobbing while moving toward safety
- Rotary breathing
- Back float, survival float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter and dolphin kicks on front
- Scissors and breaststroke kicks
- Front crawl and elementary backstroke
- Age-appropriate water safety topics

Level 4 (Stroke Improvement)

In Level 4, participants improve proficiency in performing swimming strokes that have been introduced in previous levels. With this, participants begin swimming the full-length of the pool.

- Feet-first entries from the side in compact and stride positions
- Swim underwater
- Feet first surface dive
- Survival swimming
- Open turns on front and back
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back
- Age-appropriate water safety topics

Level 5 (Stroke Refinement)

Level 5 helps participants' refine their performance of all six swimming strokes (Front/Back Crawl, Butterfly, Breaststroke, and Elementary Backstroke & Sidestroke). Participants also learn how to maneuver in deep water with surface dives, floats, and treading water for more time as well as swimming multiple lengths of the pool consecutively.

- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly
- Sculling
- Age-appropriate water safety topics

Level 6 (Skill Proficiency)

Level 6 refines strokes so participants can swim for efficiency and over longer distances. Participants will swim strokes for multiple consecutive lengths, learn correct turn methods for each stroke, surface dive to retrieve objects from the bottom of the pool and advanced water survival skills.

**2022 Verndale Public School
Swimming Lessons Registration Form**

**July 11th – July 21st, 2022
Monday – Thursday
1:00pm – 2:00pm
Maslowski Wellness & Research Center**

Student Information

1) Student's Name: _____ Sex: M ____ F ____

DOB: ____/____/____ Age: ____ Last Level taken: _____ Current level: _____

Medical conditions/comments that instructor needs to know:

Does student need bus transportation: Yes ____ No ____

2) Student's Name: _____ Sex: M ____ F ____

DOB: ____/____/____ Age: ____ Last Level taken: _____ Current level: _____

Medical conditions/comments that instructor needs to know:

Does student need bus transportation: Yes ____ No ____

3) Student's Name: _____ Sex: M ____ F ____

DOB: ____/____/____ Age: ____ Last Level taken: _____ Current level: _____

Medical conditions/comments that instructor needs to know:

Does student need bus transportation: Yes ____ No ____

Contact Information

Parent/Guardian Name: _____

Main Phone: _____ Address: _____

City: _____ State: _____ Zip: _____

Email: _____

