# Johnston Community Education Summer 2017 Programs

ICF



# Ribbon Cutting and Grand Opening 06.12.2017 @ 4:00 p.m.

6500 NW 100th Street Johnston, IA



Student Performances



For more information, call 515.278.0470 www.johnston.k12.ia.us/constructioncentral

Tours

#wearedragons

For more information call 515-278-0552

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Community Education

Calling all Makers!

Do you like to tinker, invent, craft, perform, inspire, and/ or create? In the "Do-It-Yourself" spirit, everyone is invited to show off their skills at the first Johnston Maker Day. That includes you - programmers, educators, engineers, inventors, authors, and artists. As an individual or part of a group, all ages are invited to participate and share their skills with others.

Johnston Maker Day will be a showcase of work of all kinds by all ages. It will be held on September 24 from 1-4 p.m. at the Johnston Library, located at 6700 Merle Hay Rd., and at Simpson Barn, located at 6169 Northglenn Dr.

Maker entries can fall under one of three categories:

- Demonstration/Exhibit Display your product(s) and talk about or demonstrate how they are made.
- Showcase/Performance Show off your skills through a performance or showcase.
- Hands-on Activity Create an interactive exhibit that invites participants to be engaged.

Makers will be notified upon receipt of their entry. Space is limited so don't delay!

Find out how to be a part of Maker Day and complete an entry form at <u>http://bit.ly/2pdNthz</u>.

For more information, contact Johnston Community Education at 515-278-0552 or Johnston Public Library at 515-278-5233 or visit <u>www.johnstonce.org</u>.

For more information call 515-252-8490

## Summer 2017 Kids Connection registration is open.

All registrations will be done using Eleyo (formerly FeePay), a program that allows parents to register, schedule, and pay for Kids Connection online. Families need to have an account set up on Eleyo prior to registration. This can be done at

https://johnston.ce.eleyo.com.

Summer locations are as follows, by grade starting Fall 2017: Kindergarten at Horizon First grade at Timber Ridge Second grade at Wallace Third grade at Beaver Creek Fourth/Fifth grades at Lawson

Additional summer 2017 KTC information can be found at www.johnstonce.org.

Registration for the 2017-18 school year will open on July 10.

Please note: KTC will be closed on Monday, June 5 for staff training and on July 3-4 for the Fourth of July holiday.



Kick off the 2017-18 school year with Sundae in the Park!

Join Johnston Community Education, the Johnston Community School District, and the City of Johnston on **Sunday, August 6 from 6-8 p.m.** for an evening of free ice cream, music, and more! A variety of youth organizations will be providing information on their activities and city vehicles will be on hand for all to explore. Music provided by Wade Krieg.





# 2017-2018 Preschool Registration

Registration for all ages of preschool students is open online. The online registration is through Eleyo (formerly FeePay) at <a href="https://johnston.ce.eleyo.com">https://johnston.ce.eleyo.com</a>. Placement is on a first come, first serve basis until each class is filled. There is a \$60 one-time non-refundable fee required upon initial registration. Immunization records and physical examination reports will also be required at the time of registration.

Additional information can be found at <u>www.johnstoncsd.org</u> or by contacting Joy Palmer at 515-278-0552 ext. 1632.

#### Bees, Bugs and Butterflies (Ages 5-6)

Read, create, sing, and collect scientific specimens to investigate as you learn more about these crawling and flying wonders. Max. 16 kids.

M-Th 6/5-6/8 9-11 a.m. CEC \$55 SU17PS1

#### Little Movers (Ages 3-5)

Explore forms of physical activity through tumbling, dance, and sports using tumbling mats, obstacle courses, and foam balls. Max. 8 kids.

M-Th 6/5-6/8 9-11 a.m. Location TBA \$40 SU17PS2

#### Books and Cooks (Ages 3-5)

Kids learn real lessons in science, language, math, and creativity while cooking, reading, and interacting with peers. Max. 20 kids.

M-Th 6/12-6/15 9-11:30 a.m. HZE \$55 SU17PS3

#### Tropical Getaway (Ages 5-6)

Learn about animals, weather, and landforms in the tropics with crafts, games, songs, and tropical treats. Max. 16 kids.

| M-Th | 6/12-6/15 | 9-11 a.m. | CEC | \$55 | SU17PS4 |
|------|-----------|-----------|-----|------|---------|
|------|-----------|-----------|-----|------|---------|

#### Safety Town (Gr. K)

Children eligible to enter kindergarten in the fall of 2017 will learn about all aspects of safety - fire, poison, strangers, traffic, home, cars, buses, playgrounds - through books, songs, and practice training.

| M-F | 6/12-6/16 | 8-10 a.m.               | HZE | \$50 | SU17PS5 |
|-----|-----------|-------------------------|-----|------|---------|
| M-F | 6/12-6/16 | 10:30 a.m<br>12:30 p.m. | HZE | \$50 | SU17PS6 |
| M-F | 6/19-6/23 | 8-10 a.m.               | HZE | \$50 | SU17PS7 |

#### Fun with Eric Carle (Ages 3-5)

Explore the world of Eric Carle while reading books, creating fun art crafts, and exploring outside. Max. 20 kids.

M-Th 6/19-6/22 9-11:30 a.m. HZE \$55 SU17PS8

# Bring on the Summer Sunshine (Ages 5-6)

Celebrate the first day of summer on June 20 by learning through crafts, reading, math, writing, and singing. Max. 16 kids.

| M-Th 6/19-6/22 9-11 a.m. CEC | \$55 | SU17PS9 |
|------------------------------|------|---------|
|------------------------------|------|---------|

#### If You Give a Mouse a Cookie (Ages 4-5)

Read books by author Laura Joffe Numeroff, do daily art projects, and play in fun learning centers. Max. 16 kids.

M-Th 6/19-6/22 9:15-11:30 a.m. BCE \$55 SU17PS10

#### Zoo Week (Ages 3-5)

Spend a week learning about zoo animals by reading stories, playing games, doing crafts, and eating animal-looking snacks. Max. 20 kids.

| M-Th 6/26-6/29 9-11:30 a.m. HZE \$60 SU17PS1 | M-Th | 6/26-6/29 | 9-11:30 a.m. | HZE | \$60 | SU17PS11 |
|--|------|-----------|--------------|-----|------|----------|
|--|------|-----------|--------------|-----|------|----------|



#### Pee Wee Picasso (Ages 3-5)

Enjoy a week of art using movement, books, and music activities to make collaborative and solo masterpieces. Max. 16 kids.

| M-Th 7/10 | -7/13 9- | 11:30 a.m. I | HZE | \$55 | SU17PS12 |
|-----------|----------|--------------|-----|------|----------|
|-----------|----------|--------------|-----|------|----------|

I Scream, You Scream, We All Scream for Ice Cream (Ages 5-6) Enjoy fun songs, games, and crafts around the theme of ice cream. End the week by making a scientific batch of ice cream. Max. 16 kids.

| M-Th | 7/10-7/13 | 9-11 a.m. | CEC | \$55 | SU17PS13 |
|------|-----------|-----------|-----|------|----------|
|------|-----------|-----------|-----|------|----------|

#### Outdoor/Water Week (Ages 3-5)

Enjoy a week of fun with an emphasis on outdoor play experiences and interactions. Please bring a swimsuit and towel. Max. 16 kids.

M-Th 7/17-7/20 9-11:30 a.m. HZE \$55 SU17PS14

#### Camping Out (Ages 5-6)

Embark on a camping adventure with outside exploring, math activities, songs, crafts, and s'mores. Max. 16 kids.

M-Th 7/17-7/20 9-11 a.m. CEC \$55 SU17PS15

#### Oceans of Fun (Ages 4-5)

Explore facts about the oceans through books, crafts, and learning centers. Snacks and movement time will be offered. Max. 16 kids.

M-Th 7/17-7/20 9:15-11:30 a.m. BCE \$55 SU17PS16

#### Little Masterpieces (Ages 3-6)

Students will draw, paint, and create masterpieces while learning about several master artists and their artwork. Max. 10 kids per class.

| M-Th | 7/17-7/20 | 9-11:30 a.m. | BCE Art Rm | \$55 | SU17PS17 |  |
|------|-----------|--------------|------------|------|----------|--|
| M-Th | 7/31-8/3  | 9-11:30 a.m. | BCE Art Rm | \$55 | SU17PS18 |  |

#### Fun and Fitness Week (Ages 3-5)

Develop self-esteem and positive associations with exercise through aerobics, dance, sports, gross motor skills, and balance. Max. 16 kids.

M-Th 7/24-7/27 9-11:30 a.m. HZE \$55 SU17PS19

#### Dr. Seuss on the Loose (Ages 4-5)

Have lots of fun reading Dr. Seuss books, playing early reading games, crafting, and exploring fun learning centers. Max. 16 kids.

M-Th 7/24-7/27 9:15-11:30 a.m. BCE \$55 SU17PS20

#### Printmaking for Preschoolers (Ages 3-6)

Explore methods of artistic printmaking by creating fun mono prints, textured nature prints, air-dry clay stamps, and more. Max. 10 kids.

M-Th 7/17-7/20 9-11:30 a.m. BCE Art Rm \$55 SU17PS21

#### Fun with Pete the Cat (Ages 3-5)

Join in for some "groovy" fun while reading Pete the Cat books, making crafts, and enjoying educational learning activities. Max. 16 kids.

M-Th 7/31-8/3 9-11:30 a.m. HZE \$55 SU17PS22

#### Chicka, Chicka, Boom, Boom Fun (Ages 4-5)

Learn letters and numbers with books, crafts, activities, and learning centers. Snacks and movement time will also be offered. Max. 16 kids.

M-Th 7/31-8/3 9:15-11:30 a.m. BCE \$55 SU17PS23

# Music for the Young Child (Ages 0-5)

Explore musical play with your child as they build confidence and develop academic, motor, and communication skills. Taught by music therapists with live music. Min. 4, max. 10 kids. Adult required.

| Т | 5/23-6/6 | 5:30-6 p.m. | TBD | \$30 | SU17PS24 |  |
|---|----------|-------------|-----|------|----------|--|
| Т | 7/25-8/8 | 5:30-6 p.m. | TBD | \$30 | SU17PS25 |  |

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| Little Hip Hoppers (Ages 3-6)<br>Dance while exploring movement and creativity in a welcoming<br>environment. Min. 5, max. 12 kids. <i>No class July 4</i> . |                     |  |  |                                  |                             |                                 |
|--|---------------------|--|--|----------------------------------|-----------------------------|---------------------------------|
| т  | 6/6-                | 7/11 4-4   | :45 p.m.   | SMS                              | \$40                        | SU17YC28                        |
|  |                     |  | Tumblers Can<br>nbling moves.                                |                                  |                             | articipants.                    |
| M-F  | 7/3                 | 1-8/4 1-   | 2 p.m.   | SMS                              | \$50                        | SU17YC31                        |
|  |                     |  | np (Ages 3-6)<br>of various spo                              |                                  | , max. 1                    | 12 kids.                        |
| M-F  | 6/26                | -6/30 1-   | 2 p.m.   | SMS                              | \$50                        | SU17YC29                        |
| M-F  | 8/14                | -8/18 9-7  | 10 a.m.  | SMS                              | \$50                        | SU17YC30                        |
|  |                     |  | Start (Gr. Pr<br>pic-related Ma                              |                                  | es. Max.                    | 14 kids.                        |
| MT   | 6/12                | -6/13 10-1   | 1:30 a.m.  | HZE                              | \$39                        | SU17YC11                        |
| WTh  | 6/14                | -6/15 10-1   | 1:30 a.m.  | HZE                              | \$39                        | SU17YC12                        |
| M-Th   |                     |  | 1:30 a.m.  | HZE                              | \$75                        | SU17YC13                        |
|  |                     |  |  |                                  |                             | 50171015                        |
|  |                     |  | and the skelet   |                                  |                             | 3 kids.                         |
| 1-3  | MT                  | 6/19-6/20  | 9 a.mNoon  | WAE                              | \$79                        | SU17YC14                        |
| 1-3  | WTh                 | 6/21-6/22  | 9 a.mNoon  | WAE                              | \$79                        | SU17YC15                        |
| 1-3  | M-Th                | 6/19-6/22  | 9 a.mNoon  | WAE                              | \$155                       | SU17YC16                        |
| 4-6  | MT                  | 6/19-6/20  | 1-4 p.m.   | LAE                              | \$79                        | SU17YC17                        |
| 4-6  | WTh                 | 6/21-6/22  | 1-4 p.m.   | LAE                              | \$79                        | SU17YC18                        |
| 4-6  | M-Th                | 6/19-6/22  | 1-4 p.m.   | LAE                              | \$155                       | SU17YC19                        |
| An intr  | oductic             |  | - <mark>3)</mark><br>ics of Spanish<br>nd basic conve        |                                  |                             |                                 |
| K-1  | M-F                 | 6/12-6/16  | 8:30-9:30 a.m  | . TRE                            | \$69                        | SU17YC3                         |
| 2  | M-F                 | 6/19-6/23  | 8:30-9:30 a.m  | . WAE                            | \$69                        | SU17YC4                         |
| 3  | M-F                 | 6/26-6/30  | 8:30-9:30 a.m  | . BCE                            | \$69                        | SU17YC5                         |
| Learn  | juggling<br>nd roll | g, hula-hoop<br>around in a h                              | cus (Gr. K-6)<br>ing, face pair<br>numan-sized h<br>mNoon SA | nting, floo                      |                             |                                 |
| Find fu  | ıll descı           | ( <mark>Gr. K-8)</mark><br>riptions of ea<br>naterials are | ach class at <u>ht</u><br>included. Mir                      | t <u>ps://johr</u><br>1. 7, max. | <u>iston.ce</u><br>10 parti | <u>.eleyo.com</u> .<br>cipants. |
| Garde  | en Craw             | lers   |  |                                  |                             |                                 |
|  |                     | /17-7/21   | 1-2:30 p.m.  | SMS Art R                        | m \$85                      | SU17YC10                        |
| Clay 1   |                     |  | 0.20   |                                  |                             |                                 |
|  |                     | //17-7/21 10<br>with Wayne                                 | 0:30 a.mNoon   | SMS Art R                        | m \$85                      | SU17YC8                         |
|  |                     | //17-7/21  |  | SMS Art R                        | m \$95                      | SU17YC9                         |
|  |                     |  | 3-5 p.m.   |                                  | ניג ווו                     | 301/107                         |
| Create   | painti              | ngs, sculptu   | res, and mixe<br>world. Max. 15                              | d media a                        |                             | inspired by                     |
| 1-3  | M-F                 | 7/17-7/21  | 9:30-11 a.m  | . TRE                            | \$85                        | SU17YC6                         |

# 1-3 M-F 7/17-7/21 9:30-11 a.m. TRE \$85 SU17YC6 4-6 M-F 7/24-7/28 9:30-11 a.m. LAE \$85 SU17YC7

# For more information call 515-278-0552

# Youth Enrichment League (Gr. 1-8)

Find full descriptions of each class at <u>https://johnston.ce.eleyo.com</u>. LEGO X Varsity Builders Camp

|       |         | bicy Duniaers | Camp        |     |       |          |
|-------|---------|---------------|-------------|-----|-------|----------|
| 1-5   | M-F     | 6/19-6/23     | 9 a.mNoon   | LAE | \$115 | SU17YC22 |
| LEGO  | WeDo    | Robotics      |             |     |       |          |
| 1-5   | M-F     | 6/26-6/30     | 9 a.mNoon   | TRE | \$120 | SU17YC23 |
| EXtre | eme Mo  | bile Electro  | oniX        |     |       |          |
| 1-5   | M-F     | 8/7-8/11      | 9 a.mNoon   | LAE | \$135 | SU17YC27 |
| Ches  | s Sumn  | ner Camp      |             |     |       |          |
| 1-6   | M-F     | 6/12-6/16     | 1-4 p.m.    | BCE | \$122 | SU17YC21 |
| Desti | nation  | Mars: Rock    | etry Course |     |       |          |
| 2-5   | M-F     | 7/17-7/21     | 9 a.mNoon   | BCE | \$133 | SU17YC24 |
| Fenci | ing Sur | nmer Camp     |             |     |       |          |
| 2-6   | M-F     | 7/24-7/28     | 9 a.mNoon   | SMS | \$145 | SU17YC25 |
| EV3 F | Robotio | s 2017        |             |     |       |          |
| 4-8   | M-F     | 7/31-8/4      | 9 a.mNoon   | SMS | \$140 | SU17YC26 |

# Show Choir Workshop (Gr. 1-9)

Develop skills in vocal technique, basic choreography, facial expression, and more. Max. 110 participants for grades 1-3 and grades 4-6; max. 120 participants for grades 7-9.

| 1-3 | M-Th | 6/12-6/15 | 8-11 a.m.    | New JHS | \$95  | SU17CMP40 |
|-----|------|-----------|--------------|---------|-------|-----------|
| 4-6 | M-Th | 6/19-6/22 | 8-11:30 a.m. | New JHS | \$109 | SU17CMP41 |
| 7-9 | M-Th | 6/12-6/15 | 12-4:30 p.m. | New JHS | \$137 | SU17CMP42 |

#### Yoga For Kids (Gr. 2-5)

Learn different yoga posses and types of breathing. Min. 5, max. 20.

|     |     |           |              | -   |      |          |
|-----|-----|-----------|--------------|-----|------|----------|
| 2   | M-F | 7/10-7/14 | 9:30-11 a.m. | WAE | \$55 | SU17YC32 |
| 3   | M-F | 7/17-7/21 | 9:30-11 a.m. | BCE | \$55 | SU17YC33 |
| 4-5 | M-F | 7/24-7/28 | 9:30-11 a.m. | LAE | \$55 | SU17YC34 |

## Sugar Cookies (Ages 8-16)

Mix, bake, and decorate everyone's favorite sugar cookies. All ingredients and supplies provided. Min. 6, max. 20 participants.

| Sa 6/10 9 a.mNoon SMS FCS Rm \$35 SU17Y0 | C36 |
|--|-----|
|--|-----|

#### Band Lessons (Gr. 6-8)

Take private band lessons. Class will be held July 3 instead of July 4.

|   | -         |                | -          |       |          |  |
|---|-----------|----------------|------------|-------|----------|--|
| Т | 6/13-7/11 | 8:30-8:55 a.m. | SMS Rm 167 | \$112 | SU17YC37 |  |
| Т | 6/13-7/11 | 9-9:25 a.m.    | SMS Rm 167 | \$112 | SU17YC38 |  |
| Т | 6/13-7/11 | 11-11:25 a.m.  | SMS Rm 167 | \$112 | SU17YC42 |  |
| Т | 6/13-7/11 | 1-1:25 p.m.    | SMS Rm 167 | \$112 | SU17YC44 |  |
| Т | 6/13-7/11 | 1:30-1:55 p.m. | SMS Rm 167 | \$112 | SU17YC45 |  |
| Т | 6/13-7/11 | 2-2:25 p.m.    | SMS Rm 167 | \$112 | SU17YC46 |  |

# Flute Choir Workshop (Gr. 6-12)

Learn flute fundamentals, sight-reading, collaboration, musicality, and performance confidence. Min. 4, max. 20 participants. Registration Deadline: June 30

| 6-8  | M-F | 7/10-7/14 | 1-4 p.m.  | New JHS | \$120 | SU17YC1 |
|------|-----|-----------|-----------|---------|-------|---------|
| 9-12 | M-F | 7/10-7/14 | 9 a.mNoon | New JHS | \$120 | SU17YC2 |

# For more information call 515-278-0552

# Register for summer camps based on 2017-18 school year grade level. To receive a camp t-shirt, register by the deadline.

#### T-Ball (Ages 4-5)

Learn to hit a ball off a "T", run bases, and have fun. This is not a competitive league, there is no score keeping. Every player hits in every inning. Teams are chosen by draw. Each player will receive a t-shirt. Please bring a ball glove and water bottle, do not bring a bat.

MWF 6/12-6/23 10-11 a.m. Lew Clarkson Park \$48 SU17CMP29

#### Johnston Dragon Baseball Camp (Gr. K-8)

Participants will receive instruction covering hitting, base running, pitching, catching, infield, and outfield. Please bring a glove and bat, cleats are recommended. Registration deadline: May 26

Th-Sa 6/8-6/10 9 a.m.-Noon JHS Field \$70 SU17CMP12

#### Little Hoopers (Ages 4-5)

Learn the basic skills of basketball in a group setting. Participate in drills and games to understand the fundamentals of the game while having fun. Max. 40 participants. Registration deadline: July 4

M-Th 7/17-7/20 6-7 p.m. HZE Gym \$35 SU17CMP35

#### Boys Basketball Camp (Gr. 3-12)

Learn the basic fundamentals of shooting, passing, ball handling, offensive moves, and defense. Strong emphasis on sportsmanship and positive competition. All participants will receive a camp T-shirt. Grades 3-10 are asked to bring a sack lunch daily. *No camp July 4*.

| 3-4                            | M-Th                          | 6/26-6/29        | 10:15 a.m<br>3:45 p.m. | New JHS | \$161 | SU17CMP1 |  |  |  |  |  |
|--------------------------------|-------------------------------|------------------|------------------------|---------|-------|----------|--|--|--|--|--|
| Registration deadline: June 12 |                               |                  |                        |         |       |          |  |  |  |  |  |
| 5-6                            | M-Th                          | 6/19-6/22        | 10:15 a.m<br>3:45 p.m. | New JHS | \$161 | SU17CMP2 |  |  |  |  |  |
| 7-8                            | M-Th                          | 6/19-6/22        | 10:15 a.m<br>3:45 p.m. | New JHS | \$161 | SU17CMP3 |  |  |  |  |  |
| Regis                          | tration                       | deadline: June 5 | i                      |         |       |          |  |  |  |  |  |
| 9-10                           | M-Th                          | 7/17-7/20        | 10:15 a.m<br>3:45 p.m. | New JHS | \$161 | SU17CMP4 |  |  |  |  |  |
| Regis                          | Registration deadline: July 3 |                  |                        |         |       |          |  |  |  |  |  |
| 9-12                           | TF                            | 6/9-7/21         | 8-10 a.m.              | New JHS | \$99  | SU17CMP5 |  |  |  |  |  |
| Regis                          | Registration deadline: May 26 |                  |                        |         |       |          |  |  |  |  |  |

#### Boys Basketball Competition Camp (Gr. 3-8)

Players will receive individual and team instruction while participating in brief practice sessions followed by full-court regulation games. Max. 48 players per session. Registration deadline: July 10

| 7-8 | M-Th | 7/24-7/27 | 10:15 a.m<br>12:45 p.m. | New JHS | \$77 | SU17CMP6 |
|-----|------|-----------|-------------------------|---------|------|----------|
| 5-6 | M-Th | 7/24-7/27 | 1:15-3:45 p.m.          | New JHS | \$77 | SU17CMP7 |
| 3-4 | M-Th | 7/24-7/27 | 4-6:30 p.m.             | New JHS | \$77 | SU17CMP8 |

#### Girls Basketball Camp (Gr. 3-12)

Learn the basic basketball fundamentals of dribbling, passing, shooting, offense, and defense. Games will also be played.

| 3-5                           | M-Th | 6/5-6/8  | 10 a.m1 p.m.                  | New JHS | \$91 | SU17CMP9  |  |  |  |  |  |
|-------------------------------|------|----------|-------------------------------|---------|------|-----------|--|--|--|--|--|
| 6-8                           | M-Th | 6/5-6/8  | 1:30-4:30 p.m.                | New JHS | \$91 | SU17CMP10 |  |  |  |  |  |
| Registration deadline: May 22 |      |          |                               |         |      |           |  |  |  |  |  |
| 9-12                          | T-Th | 6/13-8/3 | T: 6-8 p.m.<br>WTh: 8-10 a.m. | New JHS | \$40 | SU17CMP11 |  |  |  |  |  |

Registration deadline: May 29



#### Bowling Camp (Gr. 3-12)

Learn fundamentals such as approach, delivery, hand position, release, spot bowling, and spare conversions. Registration deadline: June 5

| 3-8  | M-F | 6/19-6/23 10-11:30 a.m. Pla |               | Plaza Lanes | \$65 | SU17CMP13 |
|------|-----|-----------------------------|---------------|-------------|------|-----------|
| 9-12 | M-F | 6/19-6/23                   | 10-11:30 a.m. | Plaza Lanes | \$65 | SU17CMP14 |

# Little Dragon Cheer Camp (Ages 4-7)

The JHS cheerleaders are hosting a summer camp that will teach cheering techniques, cheers, jumps, and basic stunting. A camp T-shirt will be provided. An end-of-camp performance will take place on Thursday at 11:10 a.m. Registration deadline: May 22

M-Th 6/5-6/8 1:30-2:45 p.m. SMS Gym \$37 SU17CMP44

#### Cheer Camp (Gr. 8-10)

Camp for all incoming eighth, ninth, and tenth grade fall cheerleaders.

ThF 8/17-8/18 9 a.m.-3 p.m. SMS Gym \$79 SU17CMP45

#### Lady Dragon Middle School Cross Country Camp (Gr. 6-8)

Learn about the core mission of the Johnston Dragon Championship Cross Country Program and participate in training plans. Fee includes a t-shirt. Registration deadline: June 20

M-F 8/14-8/18 8-10 a.m. Location TBA \$70 SU17CMP39

# Boys Middle School Cross Country Camp (Gr. 6-8)

Join coaches of the Johnston Cross Country teams in this introduction to the basics of Cross Country running. *No camp the week of July 4.* 

MW 6/19-7/19 10-11 a.m. Location TBA \$50 SU17CMP43

#### Dragon Boys Cross Country Camp (Gr. 6-12)

Open to all skill levels. Learn the basics of distance running and participate in team-building activities. Registration deadline: May 29

M-F 6/12-6/16 8-11 a.m. JHS Stadium \$112 SU17CMP20

## Lady Dragon Cross Country Clinic (Gr. 7-12)

The purpose of the Johnston Dragon Cross Country team is to develop strong, confident, independent young women who enjoy participating in competitive athletics as part of a balanced and healthy lifestyle. Registration deadline: May 23

M-Th 6/12-6/29 8-10 a.m. Location TBA \$110 SU17CMP36

#### Lady Dragon Cross Country Camp (Gr. 7-12)

The 13th Annual Lady Dragon Team Camp. Transportation provided. Bus leaves at 8 a.m. on August 1 and returns around noon on August 3.

T-Th 8/1-8/3 Overnight Location TBA \$150 SU17CMP38

# Lady Dragon Females in Training (Gr. 3-6)

Join coaches and team members of the JHS Cross Country and Track and Field teams for an introduction to our core mission of developing strong, confident, independent young women who enjoy participating in competitive athletics as part of a balanced and healthy lifestyle. *No camp the week of July 4.* Registration deadline: May 31

TTh 6/20-7/20 10-11 a.m. Location TBA \$110 SU17CMP37

#### Football Camp (Gr. 5-12)

Learn football fundamentals, skills, and conditioning. All camps will be held at the new Dragon Stadium. Registration deadline: July 21

| 5-6   | Sa   | 8/5     | 8:30-10 a.m.   | New JHS | \$19 | SU17CMP46 |
|-------|------|---------|----------------|---------|------|-----------|
| 7     | MT   | 8/7-8/8 | 6-7:30 p.m.    | New JHS | \$31 | SU17CMP47 |
| 8-9   | T-Th | 8/1-8/3 | 4:30-6 p.m.    | New JHS | \$31 | SU17CMP48 |
| 10-12 | T-Th | 8/1-8/3 | 6:30-8:30 p.m. | New JHS | \$71 | SU17CMP49 |

For more information call 515-278-0552

# Sports Camps & Classes,

#### Junior Dragon Power (Gr. 3-8)

Conditioning program that emphasizes proper body weight exercises, weight lifting technique, core strength, flexibility, agility, speed, power, and endurance. Registration deadline: May 29

| MW | 6/12-7/12 | 3-4 p.m. | New JHS Weight Rm | \$77 | SU17CMP28 |
|----|-----------|----------|-------------------|------|-----------|
|    |           |          |                   |      |           |

# Soccer Camp (Gr. 3-10)

| All                           | part                          | icipan  | ts  | should    | bri  | ng       | а         | water | bo  | ttle  | an | d    | а | SO | ccer | b   | all. |
|-------------------------------|-------------------------------|---------|-----|-----------|------|----------|-----------|-------|-----|-------|----|------|---|----|------|-----|------|
| K                             | -1                            | M-F     | 6/  | 12-6/16   | 8:   | :30-     | 10        | a.m.  | JHS | Field | ł  | \$59 | 9 | S  | U17C | MP3 | 80   |
| 2.                            | -3                            | M-F     | 6/  | 12-6/16   | 10   | ) a.ı    | m         | Noon  | JHS | Field | ł  | \$77 | 7 | S  | U17C | MP3 | 81   |
| 4                             | -7                            | M-F     | 6/  | 12-6/16   | 10   | ) a.ı    | m         | Noon  | JHS | Field | ł  | \$77 | 7 | S  | U17C | MP3 | 32   |
| Reg                           | Registration deadline: May 29 |         |     |           |      |          |           |       |     |       |    |      |   |    |      |     |      |
| 8-<br>Gi                      | 12<br>rls                     | M-Th    | 6/  | 26-6/29   |      | 6:3<br>P | 0-8<br>.m |       | JHS | Field | ł  | \$63 | 3 | SI | U17C | MP3 | 3    |
| Reg                           | gistra                        | tion de | adl | ine: June | e 12 |          |           |       |     |       |    |      |   |    |      |     |      |
| 9-<br>Bo                      |                               | M-Th    | 7/  | 17-7/20   |      | 6-8      | p.        | m.    | JHS | Field | ł  | \$49 | 9 | S  | U17C | MP3 | 84   |
| Registration deadline: July 3 |                               |         |     |           |      |          |           |       |     |       |    |      |   |    |      |     |      |
| Ter                           | Tennis Camp (Gr. 3-9)         |         |     |           |      |          |           |       |     |       |    |      |   |    |      |     |      |

Develop tennis skills and learn the proper fundamentals of tennis and game play. Class sizes are limited. Registration deadly

| 3-5 | W-F | 6/7-6/9 | 8-10 a.m.  | JHS Courts | \$49 | SU17CMP21 |
|-----|-----|---------|------------|------------|------|-----------|
| 6-7 | W-F | 6/7-6/9 | 1-3 p.m.   | JHS Courts | \$49 | SU17CMP22 |
| 8-9 | W-F | 6/7-6/9 | 10 a.mNoon | JHS Courts | \$49 | SU17CMP23 |

#### Little Dragon Track and Field C

Join coaches and athletes from the Lady Dragon Track & Field team to learn the fundamentals of this sport. Registration deadline: June 9

| Girls | M-Th | 6/12-6/15 | 6-6:50 p.m. | JHS Stadium | \$60 | SU17CMP24 |
|-------|------|-----------|-------------|-------------|------|-----------|
| Girls | M-Th | 7/10-7/13 | 8-8:50 a.m. | JHS Stadium | \$60 | SU17CMP25 |
| Boys  | M-Th | 6/12-6/15 | 7-7:50 p.m. | JHS Stadium | \$60 | SU17CMP26 |
| Boys  | M-Th | 7/10-7/13 | 9-9:50 a.m. | JHS Stadium | \$60 | SU17CMP27 |

# Triathlon Camp (Gr. 6-8)

If you can swim two lengths of a pool, own a bike, and can run/walk a mile, this camp is for you. There will be multiple opportunities to compete in triathlons. Each camper will receive a camp dry-fit shirt.

|  | MW | 6/26-7/19 | 4-5 p.m. | SMS | \$129 | SU17YR10 |
|--|----|-----------|----------|-----|-------|----------|
|--|----|-----------|----------|-----|-------|----------|

# Volleyball Camp (Gr. 1-12)

Focus on the fundamentals of power volleyball. Individual skills will be stressed with attention to team concepts.

| 1-2                            | W-Sa | 7/26-7/29 | 5-6 p.m.               | SMS     | \$35 | SU17CMP15 |  |
|--------------------------------|------|-----------|------------------------|---------|------|-----------|--|
| Registration deadline: June 12 |      |           |                        |         |      |           |  |
| 3-4                            | M-Th | 6/12-6/15 | 11:45 a.m<br>1:15 p.m. | New JHS | \$49 | SU17CMP16 |  |
| 5-6                            | M-Th | 6/12-6/15 | 10-11:30 a.m.          | New JHS | \$49 | SU17CMP17 |  |

# Registration deadline: May 29

7/10-7/14

8/3-8/4

M-F

ThF

12

| 7-8   | M-Th                           | 7/10-7/13 | 12:30-2:15 p.m. | New JHS | \$56 | SU17CMP18 |  |  |  |
|-------|--------------------------------|-----------|-----------------|---------|------|-----------|--|--|--|
| Regis | Registration deadline: June 26 |           |                 |         |      |           |  |  |  |
|       | М                              | 6/12-7/17 | 7:45-9:45 a.m.  |         |      |           |  |  |  |

10:30 a.m.-

12:30 p.m.

8 a.m.-Noon

| 1  | JHS Courts | Ş49 | SU17CMP23  | 4-9 B | M- |
|----|------------|-----|------------|-------|----|
| Ca | mp (Gr. K- | 6)  | a <b>-</b> | 6-9 I | M- |

New JHS \$199 SU17CMP19

| line: May 24 | All equipment provided. Choose a   |
|--------------|------------------------------------|
|              | (B)eginner, (I)ntermediate, or (A) |
| 9 SU17CMP21  | completed at least one previous N  |
| 9 SU17CMP22  | have full knowledge of NASP Arch   |

| 4-9 B  | M-F | 6/12-6/16 | 8:30-9:15 a.m.   | SMS Gym | \$59 | SU17YR4 |
|--------|-----|-----------|------------------|---------|------|---------|
| 6-9 I  | M-F | 6/12-6/16 | 9:30-10:15 a.m.  | SMS Gym | \$59 | SU17YR5 |
| 6-12 A | M-F | 6/12-6/16 | 10:30-11:15 a.m. | SMS Gym | \$59 | SU17YR6 |
| 4-9 B  | M-F | 7/24-7/28 | 8:30-9:15 a.m.   | SMS Gym | \$59 | SU17YR7 |
| 6-9 I  | M-F | 7/24-7/28 | 9:30-10:15 a.m.  | SMS Gym | \$59 | SU17YR8 |
| 6-12 A | M-F | 7/24-7/28 | 10:30-11:15 a.m. | SMS Gym | \$59 | SU17YR9 |

# Elite Swing Mechanics (Gr. 6-8)

The Elite Swing Mechanics course is designed to produce the best quality mechanics for a hitter to be successful at the plate while also coaching youth players the drills and concepts that are used at the varsity level in the Johnston Baseball Program. These drills and mechanics will create athletic movements and the power to drive the ball in the air. Coach Ernd will contact you after you have registered to schedule session dates and times. Open to boys and girls.

| 3/1-4/29 | 5 Sessions | 30 Minutes | Ş100  | SP17YR6 |
|----------|------------|------------|-------|---------|
| 3/1-4/29 | 5 Sessions | 1 Hour     | \$200 | SP17YR7 |

#### Little Dragon & Johnston Flag Football (Gr. 1-4)

Participants will be placed on a team; teammate requests will not be honored. One-two evening practices will be held each week starting the week of August 28. Games will be played Thursday evenings starting September 7. Game schedules will be handed out at the first practice. Each player will receive a jersey and mouth guard. Parent volunteers needed to coach. There will be a coaches meeting on August 23 at 6 p.m. at the Administrative Resource Center, 5608 Merle Hay Rd. Registration deadline: August 11 (cost after August 7 is \$95)

| 1 | Th | 9/7-10/12 | Evening | BCE | \$89 | F17YR1 |
|---|----|-----------|---------|-----|------|--------|
| 2 | Th | 9/7-10/12 | Evening | BCE | \$89 | F17YR2 |
| 3 | Th | 9/7-10/12 | Evening | BCE | \$89 | F17YR3 |
| 4 | Th | 9/7-10/12 | Evening | BCE | \$89 | F17YR4 |

#### Little Ninjas (Ages 4-5)

Learn the basic fundamentals of Tae-Kwon-Do and Karate. Build selfrespect, self-confidence, coordination of mind and body, and selfdiscipline. Must sign up on or before the first day of each session.

| Th | 5/25-6/29 | 6-6:30 p.m. | WAE | \$22 | SP17YR4 |
|----|-----------|-------------|-----|------|---------|
| Th | 7/13-8/17 | 6-6:30 p.m. | WAE | \$22 | SU17YR2 |

# Tae-Kwon-Do (Ages 6+)

This Korean art of self-defense is a beneficial method of improving health, balance, agility, and poise and serves to enhance life. Must sign up on or before the first day of each session.

| Th | 5/25-6/29 | 6:30-7:30 p.m. | WAE | \$32 | SP17YR3 |
|----|-----------|----------------|-----|------|---------|
| Th | 7/13-8/17 | 6:30-7:30 p.m. | WAE | \$32 | SU17YR1 |

#### Junior Golf Lessons (Ages 6+)

Taught by a top 50 instructor in America and the Best Instructor in Iowa. Lessons will be at the Des Moines Driving Range, 2944 NW 66th Ave. Please indicate upon registration if golf clubs are needed.

т 5/30-6/20 6-6:45 p.m. DSM Driving Range \$49 SU17YR3

# NASP Archery (Gr. 4-12)

Learn the basics of this growing sport from a certified archery instructor. All aquinment provided Chases a session based on experience level: )dvanced. Intermediate must have NASP Archery class. Advanced must hery with no instruction necessary. Min. 8, max. 25 students per class.

| 4-9 B  | M-F | 6/12-6/16 | 8:30-9:15 a.m.   | SMS Gym | \$59 | SU17YR4 |
|--------|-----|-----------|------------------|---------|------|---------|
| 6-9 I  | M-F | 6/12-6/16 | 9:30-10:15 a.m.  | SMS Gym | \$59 | SU17YR5 |
| 6-12 A | M-F | 6/12-6/16 | 10:30-11:15 a.m. | SMS Gym | \$59 | SU17YR6 |
| 4-9 B  | M-F | 7/24-7/28 | 8:30-9:15 a.m.   | SMS Gym | \$59 | SU17YR7 |
| 6-9 I  | M-F | 7/24-7/28 | 9:30-10:15 a.m.  | SMS Gym | \$59 | SU17YR8 |
| 6-12 A | M-F | 7/24-7/28 | 10:30-11:15 a.m. | SMS Gym | \$59 | SU17YR9 |
|        |     |           |                  |         |      |         |

**SAS Camps** 

Summit After School

# For more information call 515-278-0552

# Summit After School All-Day Summer Camps

SAS Summer Camps will be held at Summit Middle School from 7 a.m. - 5:30 p.m., offering daily breakfast, social and game time, field trips, and afternoon snacks. Students can sign up for one of two camps offered each week - an active camp or an enrichment camp. From Archery to FX/Movie Make-Up, all camps offered throughout the summer will touch on a wide range of interests. The camps will run every morning from approximately 9-11:30 a.m. Each camp will need to have a minimum of 8 students in order to be offered, and each will have a limit of 25-30 students. Find full descriptions of each camp at www.johnstonce.org.

# **Daily schedule**

\*subject to change\*

7:00 - 8:30 a.m. Social & Game Time 8:30 - 8:50 a.m. Breakfast 8:50 - 9:00 a.m. AM Attendance 9:00 - 11:30 a.m. Camps 11:30 a.m. - 12:00 p.m. Lunch 12:00 - 12:15 p.m. PM Attendance 12:15 - 4:00 p.m. Field Trip 4:00 - 4:15 p.m. Snack 4:15 - 5:30 p.m. Social & Game Time

# **ACTIVE CAMPS**

| Floor H | lockey            |                |     |       |           |  |  |  |
|---------|-------------------|----------------|-----|-------|-----------|--|--|--|
| T-F     | 6/6-6/9           | 7 a.m5:30 p.m. | SMS | \$135 | SU17SAS1  |  |  |  |
| Roller  | Skating           |                |     |       |           |  |  |  |
| M-F     | 6/12-6/16         | 7 a.m5:30 p.m. | SMS | \$145 | SU17SAS2  |  |  |  |
| Yoga    |                   |                |     |       |           |  |  |  |
| M-F     | 6/19-6/23         | 7 a.m5:30 p.m. | SMS | \$145 | SU17SAS3  |  |  |  |
| Archer  | у                 |                |     |       |           |  |  |  |
| M-Th    | 6/26-6/29         | 7 a.m5:30 p.m. | SMS | \$135 | SU17SAS4  |  |  |  |
| Ultima  | te Sports         |                |     |       |           |  |  |  |
| W-F     | 7/5-7/7           | 7 a.m5:30 p.m. | SMS | \$100 | SU17SAS5  |  |  |  |
| Tour d  | e Johnston        |                |     |       |           |  |  |  |
| M-F     | 7/10-7/14         | 7 a.m5:30 p.m. | SMS | \$145 | SU17SAS6  |  |  |  |
| Bowlin  | g                 |                |     |       |           |  |  |  |
| M-F     | 7/17-7/21         | 7 a.m5:30 p.m. | SMS | \$145 | SU17SAS7  |  |  |  |
| Surviv  | or                |                |     |       |           |  |  |  |
| M-F     | 7/24-7/28         | 7 a.m5:30 p.m. | SMS | \$145 | SU17SAS8  |  |  |  |
| Pickle  | ball              |                |     |       |           |  |  |  |
| M-Th    | 7/31-8/3          | 7 a.m5:30 p.m. | SMS | \$135 | SU17SAS9  |  |  |  |
| Dodgel  | Dodgeball Bonanza |                |     |       |           |  |  |  |
| M-F     | 8/7-8/11          | 7 a.m5:30 p.m. | SMS | \$145 | SU17SAS10 |  |  |  |
| Rock C  | limbing           |                |     |       |           |  |  |  |
| M-F     | 8/14-8/18         | 7 a.m5:30 p.m. | SMS | \$155 | SU17SAS11 |  |  |  |
|         |                   |                |     |       |           |  |  |  |

# **ENRICHMENT CAMPS**

| Extrem   | Extreme Board Games & More |                |     |       |           |  |  |
|----------|----------------------------|----------------|-----|-------|-----------|--|--|
| T-F      | 6/6-6/9                    | 7 a.m5:30 p.m. | SMS | \$135 | SU17SAS12 |  |  |
| The Ac   | tor's Toolb                | ох             |     |       |           |  |  |
| M-F      | 6/12-6/16                  | 7 a.m5:30 p.m. | SMS | \$145 | SU17SAS13 |  |  |
| Act'let  | es in Traini               | ing            |     |       |           |  |  |
| M-F      | 6/19-6/23                  | 7 a.m5:30 p.m. | SMS | \$145 | SU17SAS14 |  |  |
| Journa   | lism                       |                |     |       |           |  |  |
| M-Th     | 6/26-6/29                  | 7 a.m5:30 p.m. | SMS | \$135 | SU17SAS15 |  |  |
| Photog   | raphy                      |                |     |       |           |  |  |
| W-F      | 7/5-7/7                    | 7 a.m5:30 p.m. | SMS | \$100 | SU17SAS16 |  |  |
| Lego R   | obotics                    |                |     |       |           |  |  |
| M-F      | 7/10-7/14                  | 7 a.m5:30 p.m. | SMS | \$145 | SU17SAS17 |  |  |
| FX/Mov   | vie Make U <sub>l</sub>    | p              |     |       |           |  |  |
| M-F      | 7/17-7/21                  | 7 a.m5:30 p.m. | SMS | \$145 | SU17SAS18 |  |  |
| 3-D Pap  | oer Model                  |                |     |       |           |  |  |
| M-F      | 7/24-7/28                  | 7 a.m5:30 p.m. | SMS | \$145 | SU17SAS19 |  |  |
| Miniatu  | ire Painting               | g              |     |       |           |  |  |
| M-Th     | 7/31-8/3                   | 7 a.m5:30 p.m. | SMS | \$135 | SU17SAS20 |  |  |
| Strateg  | ic Card Ga                 | ming           |     |       |           |  |  |
| M-F      | 8/7-8/11                   | 7 a.m5:30 p.m. | SMS | \$145 | SU17SAS21 |  |  |
| Illustra | tion                       |                |     |       |           |  |  |
| M-F      | 8/14-8/18                  | 7 a.m5:30 p.m. | SMS | \$145 | SU17SAS22 |  |  |

# ALL DAY CAMP TRIPS

# Adventureland

Join us for an exciting trip to Adventureland, where you can enjoy all the rides, games, and water attractions that Adventureland has to offer. Please bring sunscreen and wear appropriate clothing.

F 6/30 7 a.m.-5:30 p.m. SMS \$40 SU17SAS23

#### **Omaha Zoo Trip**

Journey through Omaha's Henry Doorly Zoo and meet some of the world's most interesting animals. Please note: students will take a bus to the zoo and need to be at Summit by 7:30 a.m. on August 4. Please bring a sack lunch. Students may bring \$20 spending money.

F 8/4 7 a.m.-5:30 p.m. SMS \$50 SU17SAS24

For more information, contact summer SAS director Rob Wisniewski, rwisniewski@johnston.k12.ia.us.

# Aquatics Hours & Blaze

For more information call 515-986-0951



# **Pool Admission**

Daily admission and punch cards are good for open swim, lap swims, and some special events. Season passes are no longer available.

|                 | 2 & under | Youth (3-18)           | Adult                  |
|-----------------|-----------|------------------------|------------------------|
| Daily Admission | Free      | \$2                    | \$3                    |
| Punch Card      |           | \$30 for 20<br>punches | \$50 for 20<br>punches |

# **Pool Hours**

Times are subject to change and will be posted at the pool. The pool may be shared with other activities during these times.

|                  | Open Swim      | Lap Swim       |
|------------------|----------------|----------------|
| Monday-Wednesday |                | 5-6:30 p.m.    |
| Saturday         | 1:30-3:30 p.m. | 1:30-3:30 p.m. |
| Sunday           | 1:30-3:30 p.m. | 1:30-3:30 p.m. |

# Summer Pool Hours

#### Summer hours begin June 8.

Times are subject to change and will be posted at the pool. The pool may be shared with other activities during these times.

|          | Open Swim      | Lap Swim       |
|----------|----------------|----------------|
| Tuesday  | 1-3 p.m.       | 1-3 p.m.       |
| Thursday | 1-3 p.m.       | 1-3 p.m.       |
| Sunday   | 1:30-3:30 p.m. | 1:30-3:30 p.m. |

# **Pool Closures**

Check pool schedules online and at the pool for updates and changes.

| Month  | Dates      |
|--------|------------|
| May    | 27, 28, 29 |
| July   | 4, 24-31   |
| August | 1-6        |



The Johnston Blaze Swim Club engages in a multi-level competition program with USA Swimming that attempts to provide challenging yet success-oriented competitive situations for swimmers of all ages and abilities. Anyone can become a member of Blaze if they have achieved level three of American Red Cross swim instruction and can swim 25 yards unassisted.

Visit www.johnstonblaze.com for more information.

# **Blaze Sessions**

Senior & Group A practice M-F 6-8 a.m. and/or MTTh 6:30-8:30 p.m. Group B practices MTTh 6:30-8 p.m. Developmental & Group C practice MTTh 6:30-7:45 p.m.

Introductory practices MTTh 6:30-7:30 p.m.

| Session  | Dates          | Cost  | <b>Registration Begins</b>                 |
|--|----------------|-------|--|
| One-time registration fee<br>(swim cap, t-shirt, USA<br>membership & Admin fees) | 9/6/16-7/30/17 | \$110 | Due yearly at initial session registration |
| Summer Session<br>(up to three practices/wk)                                     | 5/30-7/23      | \$165 | 4/24                                       |
| Summer Session<br>(up to nine practices/wk)                                      | 5/30-7/23      | \$280 | 4/24                                       |

• Wednesday evening practices will be held at Birdland pool, 7-9 p.m., open to all participants. No transportation provided.

- Friday and Saturday practices are available on June 9, 10, 23, 24, and 30 and July 1, 14, and 15.
- \$50 discount for family's second swimmer in same session
- \$75 discount for family's third swimmer in same session
- Register as early as possible in order to submit to swim in meets (Meet sign-ups begin prior to swim session)

# Intro to Competitive Swimming

Test the waters before joining the Blaze swim club. Learn all four competitive swim strokes, drills, starts, turns, and rules of the sport. Max. 12 participants.

| Ages  | Days | Dates     | Time           | Location | Cost | Code      |
|-------|------|-----------|----------------|----------|------|-----------|
| 6-10  | M-Th | 8/14-8/24 | 6:45-7:30 p.m. | SMS Pool | \$40 | SU17BLIC1 |
| 11-18 | M-Th | 8/14-8/24 | 7:30-8:15 p.m. | SMS Pool | \$40 | SU17BLIC2 |

# For more information call 515-986-0951

#### Swim Lessons

Learn to swim! Lessons are \$52 per class. Courses consist of eight 30-minute lessons. All lessons are held at the Summit Middle School pool. Descriptions are available online at www.johnstonce.org.

| Parent/Tot    |           |                  |           |
|---------------|-----------|------------------|-----------|
| M-Th          | 6/5-6/15  | 5:45-6:15 p.m.   | SU17SWL71 |
| Intro to Swim |           |                  |           |
| M-Th          | 6/5-6/15  | 5:45-6:15 p.m.   | SU17SWL01 |
| M-Th          | 6/19-6/29 | 10:45-11:15 a.m. | SU17SWL02 |
| M-Th          | 6/19-6/29 | 5:45-6:15 p.m.   | SU17SWL03 |
| M-Th          | 7/10-7/20 | 11:20-11:50 a.m. | SU17SWL04 |
| M-Th          | 7/10-7/20 | 5:45-6:15 p.m.   | SU17SWL05 |
| Level I       |           |                  |           |
| M-Th          | 6/5-6/15  | 11:15-11:45 a.m. | SU17SWL11 |
| M-Th          | 6/5-6/15  | 5:10-5:40 p.m.   | SU17SWL12 |
| M-Th          | 6/19-6/29 | 11:20-11:50 a.m. | SU17SWL13 |
| M-Th          | 6/19-6/29 | 5:10-5:40 p.m.   | SU17SWL14 |
| M-Th          | 7/10-7/20 | 10:45-11:15 a.m. | SU17SWL15 |
| M-Th          | 7/10-7/20 | 5:10-5:40 p.m.   | SU17SWL16 |
| Level II      |           |                  |           |
| M-Th          | 6/5-6/15  | 11:15-11:45 a.m. | SU17SWL21 |
| M-Th          | 6/5-6/15  | 5:10-5:40 p.m.   | SU17SWL22 |
| M-Th          | 6/19-6/29 | 10:45-11:15 a.m. | SU17SWL23 |
| M-Th          | 6/19-6/29 | 5:45-6:15 p.m.   | SU17SWL24 |
| M-Th          | 7/10-7/20 | 11:20-11:50 a.m. | SU17SWL25 |
| M-Th          | 7/10-7/20 | 5:45-6:15 p.m.   | SU17SWL26 |
| Level III     |           |                  |           |
| M-Th          | 6/5-6/15  | 11:15-11:45 a.m. | SU17SWL31 |
| M-Th          | 6/5-6/15  | 5:10-5:40 p.m.   | SU17SWL32 |
| M-Th          | 6/19-6/29 | 11:20-11:50 a.m. | SU17SWL33 |
| M-Th          | 6/19-6/29 | 5:10-5:40 p.m.   | SU17SWL34 |
| M-Th          | 7/10-7/20 | 10:45-11:15 a.m. | SU17SWL35 |
| M-Th          | 7/10-7/20 | 5:10-5:40 p.m.   | SU17SWL36 |
| Level IV      |           |                  |           |
| M-Th          | 6/5-6/15  | 11:15-11:45 a.m. | SU17SWL41 |
| M-Th          | 6/5-6/15  | 5:45-6:15 p.m.   | SU17SWL42 |
| M-Th          | 6/19-6/29 | 10:45-11:15 a.m. | SU17SWL43 |
| M-Th          | 7/10-7/20 | 11:20-11:50 a.m. | SU17SWL44 |
| M-Th          | 7/10-7/20 | 5:45-6:15 p.m.   | SU17SWL45 |
|               |           |                  |           |
| Level V       |           |                  |           |
| M-Th          | 6/19-6/29 | 11:20-11:50 a.m. | SU17SWL51 |
| M-Th          | 6/19-6/29 | 5:45-6:15 p.m.   | SU17SWL52 |
| M-Th          | 7/10-7/20 | 10:45-11:15 a.m. | SU17SWL53 |
|               |           |                  |           |

7/10-7/20

6/19-6/29

M-Th

Level VI M-Th

# **Aquatics** Lessons & Classes

# **REGISTRATION DETAILS**

#### Swim lessons starting in June

- Online Registration: May 15, 12 p.m. @ johnston.ce.eleyo.com
- Walk-in Registration: May 15, 12 p.m. @ 6600 NW 62nd Ave.
- Phone-in Registration: May 16, 7:45 a.m. @ 515-278-0552

### Swim lessons starting in July

- Online Registration: June 19, 12 p.m. @ johnston.ce.eleyo.com
- Walk-in Registration: June 19, 12 p.m. @ 6600 NW 62nd Ave.
- Phone-in Registration: June 20, 7:45 a.m. @ 515-278-0552

#### Swim lessons starting in August

- Online Registration: July 17, 12 p.m. @ johnston.ce.eleyo.com
  Walk-in Registration: July 17, 12 p.m. @ 6600 NW 62nd Ave.
- Phone-in Registration: July 18, 7:45 a.m. @ 515-278-0552

#### August Swim Lessons

Additional swim lessons may be offered in August. Check online at www.johnstonce.org after July 1 to see if this session will be held.

| Level I   |          |                |           |
|-----------|----------|----------------|-----------|
| M-Th      | 8/7-8/17 | 6:45-7:15 p.m. | SU17SWL17 |
| M-Th      | 8/7-8/17 | 7:20-7:50 p.m. | SU17SWL18 |
| Level II  |          |                |           |
| M-Th      | 8/7-8/17 | 6:45-7:15 p.m. | SU17SWL27 |
| Level III |          |                |           |
| M-Th      | 8/7-8/17 | 7:20-7:50 p.m. | SU17SWL37 |
|           |          |                |           |

## Aqua Aerobics (Ages 12+)

Each class is centered on a 25-30 minute aerobic workout, including muscle toning for arms, stomach, hips, and legs, and flexibility and relaxation exercises. The program stresses going at your own pace. All exercises can be performed either high or low impact. Min. 7 participants. Instructor: Tammy Robinson. No class May 29 and July 4.

| MW | 5/22-6/19 | 8:15-9 p.m. | SMS Pool | \$40 | SP17SWAA3 |  |
|----|-----------|-------------|----------|------|-----------|--|
| MW | 6/21-7/17 | 8:15-9 p.m. | SMS Pool | \$40 | SU17SWAA1 |  |
| MW | 8/7-8/30  | 8:15-9 p.m. | SMS Pool | \$40 | SU17SWAA2 |  |
| MW | 9/6-10/2  | 8:15-9 p.m. | SMS Pool | \$40 | F17SWAA1  |  |



SU17SWL54

SU17SWL61

5:10-5:40 p.m.

5:10-5:40 p.m.

# Adults Fitness

For more information call 515-278-0552



# Morning Combo Package

A combination of cardiovascular exercise, strength training, and flexibility training to raise your heart rate and increase your physical and mental strength and endurance. Min. 8, max. 16 participants. M - weights/resistance, W - cardio circuit, F - weights circuits. *No class July 3*.

| Days | Dates    | Time        | Location     | Cost  | Code    |
|------|----------|-------------|--------------|-------|---------|
| MWF  | 6/5-8/11 | 5:15-6 a.m. | JHS Fit Cntr | \$131 | SU17AR2 |

# Morning Classes

Classes held during morning combo sessions for those who do not want to participate in the package. Do not sign up for these classes if you are signed up for the morning combo package. Max. 4 per class. *No class July* 3.

|   | Day    | Dates         | Time        | Location     | Cost | Code    |
|---|--------|---------------|-------------|--------------|------|---------|
| ١ | Weigh  | ts/Resistance |             |              |      |         |
|   | Μ      | 6/5-8/7       | 5:15-6 a.m. | JHS Fit Cntr | \$51 | SU17AR3 |
| ( | Cardio | Circuit       |             |              |      |         |
|   | W      | 6/7-8/9       | 5:15-6 a.m. | JHS Fit Cntr | \$55 | SU17AR4 |
| ١ | Weigh  | t Circuit     |             |              |      |         |
|   | F      | 6/9-8/11      | 5:15-6 a.m. | JHS Fit Cntr | \$55 | SU17AR5 |
|   |        |               |             |              | 1    |         |

# **Personal Training**

Personal training programs provide one-on-one instruction. Using a wide variety of equipment available to help you meet your fitness goals, achieve optimum health, and improve quality of life. Sessions last for an hour and schedules are determined by you and your trainer. It is recommended to meet with your trainer once a week.

Cost: \$55 per session, \$165 for 3 sessions, or \$240 for 6 sessions.

# **ONLINE COURSES**

UGotClass provides online courses in a variety of subjects including business, career skills, health, human resources, leadership, management training, new media marketing, professional development, parenting, social media for business, and more.

Visit <u>www.yougotclass.org</u> for the complete Johnston catalog.

To register for a class, go to <u>https://johnston.revtrak.net</u>.

# Meal Prep (Ages 18+)

Make your life simple. Join us for a meal prep class and make the following recipes: chicken and bell peppers, protein pancakes, and cauliflower pizza crust. You will be emailed after you register and given the recipes and supply list to buy. Please bring tupperware and two-gallon and sandwich size zip lock bags.

| Day | Dates | Time      | Location   | Cost | Code    |
|-----|-------|-----------|------------|------|---------|
| Sa  | 6/3   | 9 a.mNoon | SMS FCS Rm | \$30 | SU17AE1 |

# Crockpot Meals (Ages 18+)

Create three crockpot dishes - herby minestrone soup, curried coconut chicken, and slow cooked brandy cheesecake. You will be emailed after you register and given the recipes and supply list to buy. Please bring tupperware and two-gallon and sandwich size zip lock bags.

| Day | Dates | Time      | Location   | Cost | Code    |
|-----|-------|-----------|------------|------|---------|
| Sa  | 6/17  | 9 a.mNoon | SMS FCS Rm | \$30 | SU17AE2 |

# Adult Golf Lessons (Ages 15+)

Small group classes will be taught by Mark Egly and staff. Mark was named a top 50 instructor in America and named the Best Instructor in Iowa for a decade by Golf Digest and also named six time Iowa PGA Teacher of the Year, including the 2016 award. Lessons will be taught at the Des Moines Driving Range, 2944 NW 66th Ave. Please indicate upon registration if golf clubs are needed. For weather announcements, please call the range at 515-289-1703. Make-up date for any weather issues is Tuesday, June 27 at 7 p.m.

| Day | Dates     | Time        | Location          | Cost | Code    |  |
|-----|-----------|-------------|-------------------|------|---------|--|
| Т   | 5/30-6/20 | 7-7:45 p.m. | DSM Driving Range | \$49 | SU17AR1 |  |



|                               |                                 | mmunity Education<br>515-278-0552   <u>www.jol</u> |                       | tion Form                   |  |
|-------------------------------|---------------------------------|--|-----------------------|-----------------------------|--|
|                               | Or                              | ne person per registratio                          | n form please.        |                             |  |
| ate Name of Participant       |                                 |  | JCSD Resident? Yes No |                             |  |
| dress                         |                                 |  | City                  |                             |  |
| D                             | Home Phone                      |  | Date of birth         |                             |  |
| May we ta<br>Class<br>Name    | ke photos and/or video          | o of the participant for use i                     | n JCE print/electro   | onic publications? Yes No   |  |
| Class Code                    |                                 |  |                       |                             |  |
| Fee                           |                                 |  |                       |                             |  |
| Grade in 201<br>T-shirt size: | 17-18 (if a student)?<br>Y-SY-M | School Attends?<br>Y-LA-S                          | Geno<br>A-MA-L        | der of Participant?<br>A-XL |  |
| Parent Name                   | e(s)                            |  |                       |                             |  |
|                               | Number                          |  |                       |                             |  |
| Work Phone                    |                                 |  |                       |                             |  |
| Work Phone<br>Cell Phone N    |                                 |  |                       |                             |  |

Does participant have special accommodation needs to enjoy JCE programs? Yes No If yes, please provide more information:

# Additional notes/requests:

# HOW TO REGISTER

#### Mail

Send your registration form & check by mail to: Johnston Community Education P.O. Box 10 Johnston, IA 50131

#### In Person

Register in person at the Johnston Community Education office at 6600 NW 62nd Ave. in Johnston. Registration hours are Monday through Friday, 7:45 a.m. to 4:15 p.m. A drop box is available in the parking lot to drop off registrations before or after hours.

#### Phone

Phone-in registrations are accepted at 515-278-0552 when paying with a Discover card, MasterCard, or Visa.

#### Online

Online registration available 24/7 at <u>https://johnston.ce.eleyo.com</u>.

# **JCE POLICIES**

#### Refunds

Refund requests must be made before the second class/program session is held.

There will be a \$5 administration fee per class on all refunds. Full fee returned if Johnston Community Education cancels the class.

#### Cancellations

Johnston Community Education reserves the right to cancel classes. Class will be cancelled if there is insufficient enrollment.

#### **Inclement Weather Cancellations**

Call 515-252-8488 for program-related cancellations. For more weather-related information visit <u>www.johnstonce.org</u>.

#### **Scholarships**

Scholarships are available to those who qualify. Please contact the coordinator in charge of the program you are interested in prior to registering. Scholarships are subject to approval.

Johnston Community Education is a partnership between the Johnston Community School District and the City of Johnston.