



Langford Recreation Center  
 30 Langford Park  
 Saint Paul, MN 55108  
 (651) 298-5765  
 Register at [www.stpaul.gov/parks](http://www.stpaul.gov/parks)



# LANGFORD PROGRAM GUIDE

SUMMER 2016 – REGISTRATION OPENS APRIL 4, 2016

JUNE

## CAMP: ART CAMP

Mon-Fri, June 27-July 1, 2016 / 9am-12pm & 1-3pm  
 Ages: 6-11 & 11-17

Just the summer camp for kids that love to make art! Each day we will have a different art theme using a wide variety of materials including clay, paint, paper mache, printmaking, objects from nature and more. Wear old clothes and be ready to be creative and have fun. A \$5 supply fee paid to instructor first day.

Instructor: Courtney Oleen

**16686** 9am-12pm / Ages: 6-11  
 Fee: \$74.00

**16687** 1-3pm / Ages: 11-17  
 Fee: \$50.00



## CAMP: MINI HAWK

Mon-Thu, June 20 -23, 2016 / 9am-12pm / Ages: 4-7

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

**12398** Instructor: Minnesota Skyhawks  
 Fee: \$80.00

## CHESS: SCHOOLHOUSE CHESS



Mon-Thu, June 20-23, 2016 / 1-4pm / Ages: 6-12

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

**12406** Instructor: Mad Science  
 Fee: \$104.00



**CLASSES: AMERICAN RED CROSS  
BABYSITTING TRAINING**

Fri, June 17, 2016 / 9:00am-4:00pm / Ages: 11-17

Individuals ages 11-17 will be taught information and skills necessary to provide safe and responsible care for children in the absence of parents or adult guardians. Participants will develop skills in leadership, professionalism, basic care, safety, safe plan and first aid. Please note: Students **MUST** be age 11 years or older by the class date. Students should bring a bag lunch and beverage.

**17995** Instructor: Jane Veitch  
Fee: \$60.00

**EDUCATION: BIKE BASICS FOR ALL**

Thu, June 23, 2016 / 6:30-7:30pm / Ages: 10 to Adult

Adults and youth ages 10 and older learn basic skills to prepare you to get on your bike and be comfortable. This introductory classroom course covers the basic rules of the road and best practices to being safe and comfortable on a bike. This class also covers potential barriers to riding for students who ride their bikes to school and discussion of strategies to overcome these barriers. Basic maintenance will be covered including ABC Quick Check.

**18014** Instructor: Bicycle Alliance of MN  
Fee: \$30.00

**FOOD AND COOKING: COOKING FROM THE  
FIELDS**

Tues, June 14 & Wed June 15, 2016 / 10am-12pm & 6:00-8:00pm / Ages: 18 and Up

1790 Larpenteur Ave, Falcon Heights, MN 55113

The Good Acre and Saint Paul Parks and Recreation bring you "Cooking from the Fields". Participants ages 18 and up will learn about local Minnesota produce, how it grows, why it grows, who grows it, and how to make it part of a healthy, locally-sourced meal! All participants must sign a waiver prior to class. Waivers can be found on The Good Acre website.

Instructor: The Good Acre

**18076** Tues, June 14 / 10am-12pm  
Fee:\$50.00

**18077** Wed, June 15 / 6:00-8:00pm  
Fee:\$50.00



**SUMMER BLAST**

Mon-Thurs, June 20-Aug 18 / 1:00-4:00 pm / Ages: 6-12

Summer Blast is a staff lead, free afternoon program for youth that have completed grades K-5. Activities include crafts, tennis, cooking, swimming, gym games, water fun, outdoor nature activities, outdoor play, and more. Partnering with the Saint Paul Public Library, youth are encouraged to keep reading all summer through fun activities and programs. Daily snack provided. No program the week of July 4<sup>th</sup>.

**14313** Instructor: Recreation Staff  
Fee: Free



**ART: SPECTACULAR SPLATTER PAINTING**

Fri, July 22, 2016 / 1:30-3:30pm / Ages: 5-12

Battle summer slip with this educational art class! We will learn about and be inspired by Jackson Pollock and his super-duper messy technique called splatter painting.

**16876** Instructor: Kidcreate Studio  
Fee: \$30.00

**CAMP: CURIOUS KIDS-NATURE IN YOUR BACKYARD**

Mon-Fri, July 11-15, 2016 / 9:30-11:30 am / Ages: 4-6

Do you ever wonder which animals and plants call your backyard home? Join us for a week of stories, games and adventures as we learn all about the plants and animals that live in your neighborhood. By the end of the week, you'll be on your way to becoming your neighborhood's newest naturalist!

**17963** Instructor: Anna Dutke  
Fee: \$54.00

**CAMP: COOKING FROM THE FIELDS**

Mon-Wed, July 18-20, 2016 / 9:00-11:30am / Ages: 8-12

1790 Larpenteur Ave, Falcon Heights, MN 55113

The Good Acre and St. Paul Parks & Recreation bring you "Cooking from the Fields," a 3-day summer cooking camp for children ages 8-12 at The Good Acre's food hub facility in Falcon Heights. This camp will teach kids about local Minnesota produce, how it grows, why it grows, who grows it, and how to make it part of a healthy, locally-sourced meal! Classes will include time spent outside exploring the hoop houses and herb gardens, move inside to the classroom, and conclude in the kitchen for a hands-on cooking experience. All participants must sign a waiver prior to class; waivers are available online at <http://www.thegoodacre.org>. Parents, please download and sign the waiver, and bring it to the first class. Otherwise, there will be forms there for you to sign.

**Children will not be allowed to participate without a signed waiver.**

**18067** Instructor: The Good Acre  
Fee: \$100.00

**CAMP: FORT BUILDING**

Mon-Fri, July 11-15 / 1-4pm / Ages 6-12

Shelter is one of the basic needs of humans. In this camp, we will learn how to create shelters outside using tarps and sticks and inside using sheets and cardboard boxes. We'll also study how animals create shelter using various items from their surroundings.

**16893** Instructor: Anna Dutke  
Fee: \$74.00

**COMPUTER: STAR WARS JEDI MOVIE MAKING**

Mon-Fri, July 25-29 / 9:30-11:30am / Ages 5-10

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

**16875** Instructor: Computer Explorers  
Fee: \$110.00



**FOOD AND COOKING: COOKING FROM THE FIELDS**

Tues, July 12 & Wed July 13, 2016 / 10am-12pm & 6:00-8:00pm / Ages: 18 and Up

Class meets at The Good Acre, 1790 Larpenteur Ave, Falcon Heights, MN 55113. The Good Acre and Saint Paul Parks and Recreation bring you "Cooking from the Fields". Participants ages 18 and up will learn about local Minnesota produce, how it grows, why it grows, who grows it, and how to make it part of a healthy, locally-sourced meal! All participants must sign a waiver prior to class. Waivers can be found on The Good Acre website.

Instructor: The Good Acre

**18079** Tues, July 12 / 6-8pm  
Fee:\$50.00

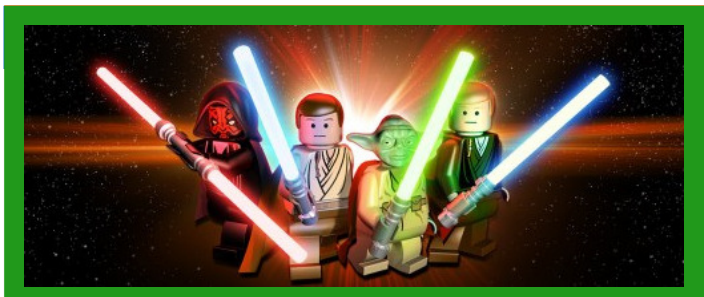
**18078** Wed, July 13 / 10am-12pm  
Fee:\$50.00

**ART: LEGO STAR WARS ART CAMP**

Thur-Fri, Aug 18-19 / 1:30-3:30pm / Ages: 4-9

LEGO bricks and Star Wars - what an amazing combination! We'll work as a team to paint a huge mural complete with stars, planets and far, far away galaxies. We'll build star fighters out of LEGO bricks, stage an intergalactic battle and make a Darth Vader bobble head. We'll even make our own light saber. We'll work with LEGO bricks, paint, clay and other art supplies to create these masterpieces your young Jedi will love!

**10508** Instructor: Kidcreate Studio  
Fee: \$50.00



**COMPUTER: JAVA MINECRAFT MOD DEVELOPMENT**

Mon-Fri, Aug 8-12 / 9:30-11:30am / Ages 10-15

Write and edit your own Minecraft mods. Watch your code come to life. Learn the basics of Java Coding with Minecraft! Students should be comfortable with keyboarding, and of course playing Minecraft! We will be coding using Java, Eclipse and the Forge API. We will test our mods with Minecraft game play. At the end of class take home your Mods to share with family and friends. Bring a USB drive, snacks and drink each day.

**16867** Instructor: Computer Explorers  
Fee: \$110.00

**ENGINEERING: OUT OF THIS WORLD**

Mon-Thur, Aug 15-18 / 1-4pm / Ages 7-14

Is mankind ready to inhabit the moon? With a little help from Engineering for Kids students, humans will be prepared to take up residence by the end of the week! Students will collaborate with their Space State teams to create the safest and most effective community on the moon. Which team will earn enough Astro-Points to be declared the winner?

**3563** Instructor: Engineering for Kids  
Fee: \$110.00

**ENGINEERING: SPACE PIONEERS: PROGRAM WITH SCRATCH**

Mon-Thur, August 15-18 / 9:30-11:30am / Ages: 4-6

Embark on a fun journey to space with Scratch! Send an astronaut to the moon and defend your moon base from space rocks. Learn how to use Scratch to create and program sprites, backdrops and basic scripts. Create a new program each day, leave with evidence of your wild space adventure and be inspired to explore the universe of programming as a Space Pioneer.

**12462** Instructor: Engineering for Kids  
Fee: \$110.00



## SPORTS: BASKETBALL CAMP

Mon-Thur, June 27-30 / 1:30-4:30pm / Ages: 7-12

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progression curriculum, staff will focus on the whole player, teaching respect, teamwork, and responsibility. An active week of passing, shooting, dribbling and rebounding makes this one of our most popular programs. Participants should wear appropriate clothing, bring two snacks, water bottle and gym shoes.

**12493** Instructor: Minnesota Skyhawks  
Fee: \$80.00



## SPORTS: DISC GOLF

Mon-Thur, Aug 1-4 / 1-4pm / Ages: 8-15

This camp is designed to introduce the young athlete to the sport of Disc golf through skill development and small group games. Sports Unlimited staff will focus on helping the children learn the rules of disc golf, types of discs, types of shots, types of grips with learning the strategies of disc golf. Campers will be divided by age and skill level. Please bring shin guards, water bottle, sunscreen and snack. Discs are provided for all campers.

**17983** Instructor: Sports Unlimited  
Fee: \$80.00

## SPORTS: LACROSSE CAMP

Mon-Thu, July 18-21 / 9:00am-12:00pm / Ages: 5-8

Non-contact lacrosse, also known as "Soft Lacrosse" is played. Individual skills taught: catching, throwing, scooping and cradling. Campers will be divided by age and skill level.

Instructor: Sports Unlimited

**17984** 9am-12pm / Ages 5-8  
Fee: \$80.00

**17985** 1-4pm / Ages: 9-12  
Fee: \$80.00

## SPORTS: PICKLE BALL

## SPORTS CAMPS

Mon-Thur, July 11-14 / 1:30-4:30pm / Ages: 10-15

This camp is designed to provide beginning level players with the fundamental skills of a sport that is growing in popularity. Participants are taught proper grip, footwork, ground-strokes, volleys, overheads and serves. We will also cover the basic rules and etiquette of the game. Please bring a water bottle and wear appropriate clothes.

**17986** Instructor: Sports Unlimited  
Fee: \$80.00

## SPORTS: SOCCER CAMP

Mon-Thu, August 8-11 / 9am-12pm / Ages: 5-12

Individual skills taught: shooting, passing, dribbling along with learning the strategies of offense and defense. Children will be divided by age and skill level. Please bring shin guards, water bottle, sunscreen and a snack!

**4414** Instructor: Sports Unlimited  
Fee: \$80.00

## SPORTS: VOLLEYBALL CAMP

Mon-Thu, July 25-28 / 1:30-4:30pm / Ages: 9-14

All aspects of volleyball are taught through drills and exercises that focus on passing, setting, hitting and serving. This co-ed program is designed for beginning and intermediate players. Our staff will assist campers in developing fundamental skills through game speed drills and daily scrimmages aimed at developing the whole player. Participants should wear appropriate clothing, including two snacks, water bottle, gym shoes, and knee pads.

**3577** Instructor: Minnesota Skyhawks  
Fee: \$80.00

## SPECIAL EVENTS: JULY 4<sup>TH</sup> CELEBRATIONS

Fee: Free / Ages: All

Join us for this free family celebration. Event includes kiddie parade, volleyball, horseshoes, tennis, music, races and games. Concession will be sold.

Langford Recreation Center  
Mon, July 4th  
8:00am-4:00pm



## SPECIAL EVENTS: MOVIE IN THE PARKS

Fri, August 12 / 6:30-10pm / Ages: All

Join us for the showing of "Inside Out" at dusk (approximately 8:30pm) with pre-movie activities beginning at 6:30pm, like the jump castle, face painting, ice cream and popcorn. Special group drumming activity at 7:15pm. Make sure to bring a lawn chair or blanket and bug spray! All free of charge!

## HEALTH AND FITNESS: PILATES – BEGINNING/INTERMEDIATE

Thurs, May 26-Aug 11 / 11am-12pm & 12:15–1:15pm  
Ages: 18 to Adult

Pilates is a progressive series of controlled exercises that creates strength and stability. The Pilates mat class instructor, Fran Ouellette, has taught at Langford Recreation Center since 2000. Her Pilates teacher, Molly Lynn studied with Joseph Pilates in the 1950's and 1960's. Fran's approach to teaching movement is gentle, thorough and success building. She has a Bachelor of Science degree from the University of Minnesota. Fran has taught children since 1971 and adults since 1976. Her background also includes studies in yoga, ballet, ballroom, jazz, modern dance and gymnastics. **There will be no classes on June 23 and June 30, 2016.**

Instructor: Fran Ouellette

**9433** Pilates-Beginning  
12:15-1:15pm  
Fee: \$73.00

**9434** Pilates-Intermediate  
11am-12pm  
Fee: \$73.00

## MARTIAL ARTS: SOO BAHK DO

Thu, June 2–Aug 25 / 5:30-7:00pm / Ages 5 and Up

Soo Bahk do is a traditional Korean martial art emphasizing discipline, concentration, self-confidence and self-defense. Class is open for beginner through advanced, ages 5 to adult. Uniform is provided with first 3 month membership. This class does not have a test fee, but the student must be a member of the US Soo Bahk Do Federation in order to test and be promoted. Beginners are from 5:30-6:30pm and Advanced is 5:30-7pm.

Instructor: Christine Eichhorst

**4556** Thurs, June 2-June 30  
Fee: \$45.00

**4553** Thurs, July 7-July 28  
Fee: \$45.00

**4558** Thurs, Aug 4-Aug 25  
Fee: \$45.00